

# class schedule

## **MONDAY**

730am Power(ful) Vinyasa  
930am YinYasa  
430pm Strengthen + Lengthen  
6pm Strengthen + Lengthen  
730pm Slow + Stretchy

## **TUESDAY**

930am Strengthen + Lengthen  
11am Kettlebell Cardio  
430pm YinYasa  
630pm Balanced Vitality

## **WEDNESDAY**

730am Power(ful) Vinyasa  
930am Strengthen + Lengthen  
11am Yoga For Seniors 55+ (FREE)  
430pm Power(ful) Vinyasa  
6pm Strengthen + Lengthen  
730pm Yin Yoga

## **THURSDAY**

930am Balanced Vitality  
11am Kettlebell Cardio  
430pm Strengthen + Lengthen  
630pm Balanced Vitality

## **FRIDAY**

730am Power(ful) Vinyasa  
930am Strengthen + Lengthen  
430pm Somatic Reset  
6pm Yin Yoga

## **SATURDAY**

8am Power(ful) Vinyasa  
930am Strengthen + Lengthen  
11am Kettlebell Cardio

## **SUNDAY**

930am Sunday Over Easy  
430pm Yin Yoga



# studio tips + etiquette

schedule effective 1/1/26 + subject to change

If a class is canceled, we'll update the schedule ASAP. Check online for last-minute changes.

All classes are designed for all-levels, come as you are and modify however you need

Most classes are heated 80-85 degrees

Kindly register for class in advance

Please arrive 10 - 15 minutes before class

Late arrivals may not be permitted

Please check-in at front desk

4 hour cancellation policy

Shoes, phones + bags not allowed in yoga room

Loaner mats, blocks, and straps are available

Bottled water \$5 (free fill-up station)

Not feeling well?

Rest up and join us when you're better

Must be 16+ to participate. Unattended children are not permitted.

See website for full class descriptions

**the woods yoga**