

# THE WOODS YOGA

mon

- 930-1045am YinYasa
- 430-530pm Strengthen + Lengthen
- 6-715pm Strengthen + Lengthen
- 730-830pm Gentle Yoga + Guided Meditation

tue

- 930-1045am Strengthen + Lengthen
- 11am-12pm Kettlebell Cardio
- 5-6pm Strengthen + Lengthen
- 630-745pm Slow + Stretchy

wed

- 730-830am Power(ful) Vinyasa
- 930-1045am Strengthen + Lengthen
- 11-12pm Yoga For Seniors (FREE)
- 430-530pm Power(ful) Vinyasa
- 6-715pm Strengthen + Lengthen
- 730-830pm Yin Yoga

thu

- 6-7am Strengthen + Lengthen
- 930-1045am Power(ful) Vinyasa
- 11-12pm Kettlebell Cardio
- 5-6pm Strengthen + Lengthen
- 630-745pm Slow + Stretchy

fri

- 730-830am Power(ful) Vinyasa
- 930-1045am Strengthen + Lengthen
- 430-530pm Yin Yoga

sat

- 8-9am Power(ful) Vinyasa
- 930-1045am Strengthen + Lengthen
- 11-12pm Kettlebell Cardio

sun

- 8-9am Kundalini Yoga
- 930-11am Sunday Over Easy
- 5-6pm Slow + Stretchy

[www.thewoodsyoga.com](http://www.thewoodsyoga.com)



# THE WOODS YOGA

Schedule is subject to change

In the event of a class cancelation, the website and app will be updated as soon as possible

Please check before class for any last minute changes

All levels welcome in all classes

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

Bring your own yoga mat or borrow one of ours

Blocks and yoga straps are available to use

Hydrate! Hydrate! Hydrate! We sell bottled water and offer a free fill-up station

Most classes heated 85 degrees

If you do not feel well, please do not come to class

Full class descriptions on website

## studio tips + etiquette