

THE WOODS YOGA

mon

930-1045am YINyasa
430-530pm Vinyasa
6-715pm Vinyasa
730-830pm Gentle + Meditation

tue

930-1045am Vinyasa
11am-12pm Kettlebell Cardio
630-745pm Slow + Stretchy

wed

730-830am Vinyasa
930-1045am YINyasa
11-12pm Yoga For Seniors (FREE)
430-530pm Vinyasa
6-715pm Vinyasa
730-830pm Yin

thu

6-7am Vinyasa
930-1045am Vinyasa
11-12pm Kettlebell Cardio
630-745pm Slow + Stretchy

fri

730-830am Vinyasa
930-1045am Vinyasa
430-530pm Yin

sat

8-9am Vinyasa
930-1045am Vinyasa
11-12pm Kettlebell Cardio

sun

8-9am Vinyasa
930-11am Sunday Over Easy

fall 2022 class schedule

www.thewoodsyoga.com

schedule subject to change

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Schedule subject to change

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

Please check the website 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

Doors open 15 before class starts

Late arrivals will 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

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

See website for class descriptions

studio tips + etiquette
www.thewoodsyoga.com