

THE WOODS YOGA

mon

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

tue

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

wed

730-830am Vinyasa
930-1045am YinYasa
11-12pm Yoga For Seniors
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
10-11am Yoga In The Park
11-12pm Kettlebell Cardio

sun

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