

THE WOODS YOGA

winter class schedule

mon

- 730-830am Power(ful) Vinyasa
- 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 Power(ful) Vinyasa
- 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
- 430-6pm Yin Yoga

sat

- 8-9am Power(ful) Vinyasa
- 930-1045am Strengthen + Lengthen
- 11-12pm Kettlebell Cardio
- 2-3pm \$5 YTT Grads Series

sun

- 8-9am Strengthen + Lengthen
- 930-11am Sunday Over Easy
- 5-6pm Twinklelight Slow + Stretchy \$12 Community Class

Schedule is subject to change. It is always recommended to check the app or website before attending any class in case of last minute cancelations.