

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
6-715pm YinYasa
730-830pm 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
6-715pm YinYasa
730-830pm 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
6-7pm Slow + Stretchy

www.thewoodsyoga.com

spring/summer 2022

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

Pre-registration is required

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

Blocks and yoga straps are available to use

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

Most classes heated 85 degrees

See website for class descriptions

The Woods Yoga
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