



## FALL 2021 SCHEDULE

www.thewoodsyoga.com

### MONDAY

- 930 YinYasa
- 430 Vinyasa Flow\*
- 6 Vinyasa Flow
- 730 Gentle + Meditation

### TUESDAY

- 6 Vinyasa Flow
- 930 Vinyasa Flow
- 11 Kettlebell Cardio
- 6 Vinyasa Flow
- 730 Gentle + Meditation\*

### WEDNESDAY

- 730 Vinyasa Flow
- 930 YinYasa
- 11 Yoga For Seniors 55+  
FREE by Shri Yoga
- 6 Vinyasa Flow
- 730 Gentle + Meditation

### THURSDAY

- 6 Vinyasa Flow
- 930 Vinyasa Flow
- 11 Kettlebell Cardio
- 430 Kettlebell Cardio
- 6 YinYasa

### FRIDAY

- 730 Vinyasa Flow
- 930 Vinyasa Flow
- 430 Yin

### SATURDAY

- 8 YinYasa
- 930 Vinyasa Flow
- 11 Kettlebell Cardio

### SUNDAY

- 8 Vinyasa Flow
- 930 Sunday Over Easy

### INFO

1525 Old Louisquisset Pike  
Lincoln, RI 02865  
(401) 722-0099

schedule + prices subject to  
change

pre-registration is required

room is heated up to 80 degrees

bring your own mat

### PRICES

\$49 Intro Offer (2 weeks)  
\$99 Monthly Unlimited  
\$149 Ten Class Pass  
\$18 Single Class Drop-In  
\*\$5 Community Appreciation

Seniors 65+, Full-Time Students, +  
Military Discounts Available In-  
Studio (\$10/class or \$100/ten  
class pass)

