

# THE WOODS YOGA

## MONDAY

- 730am Sculpt + Flow
- 930am YinYasa
- 430pm Strengthen + Lengthen
- 6pm Strengthen + Lengthen
- 730pm Gentle Yoga + Guided Meditation

## TUESDAY

- 6am Strengthen + Lengthen
- 930am Strengthen + Lengthen
- 11am Kettlebell Cardio
- 430pm Strengthen + Lengthen
- 630pm Slow + Stretchy

## WEDNESDAY

- 730am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 11am Yoga For Seniors 55+ (FREE)
- 430pm Power(ful) Vinyasa
- 6pm Strengthen + Lengthen
- 730pm Yin Yoga

## THURSDAY

- 930am Power(ful) Vinyasa
- 11am Kettlebell Cardio
- 430pm Strengthen + Lengthen
- 630pm Slow + Stretchy

## FRIDAY

- 730am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 430pm Power Blues
- 6pm Yin Yoga

## SATURDAY

- 8am Power(ful) Vinyasa
- 930am Strengthen + Lengthen
- 11am Kettlebell Cardio

## SUNDAY

- 8am Kundalini Yoga
- 930am Sunday Over Easy
- 6pm Slow + Stretchy



# studio tips + etiquette

Schedule is subject to change, schedule effective 9/12/23

In the event of a class cancelation, website will be updated as soon as possible, please check website before class for any last minute changes

All classes are designed for all-levels, come exactly as you are and modify however you need

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

Shoes, phones + bags are not allowed in yoga room

Bring your own yoga mat or borrow one of ours

Blocks and yoga straps are available to use

We sell bottled water and offer free refills

Most classes heated 85 degrees

If you do not feel well, please do not come to class

Unattended children are not permitted

See website for full class descriptions