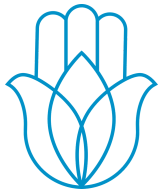













DECEMBER

Warm Classes

Special
Classes and
Workshops



2025

SUN	MON	TUE	WED	THU	FRI	SAT
30	1	2	3	4	5	6
10 am Vinyasa w/ Emily 5pm Stretch and Align w/Katie	8:30 am Gentle Yoga w/Eva  NO EVENING CLASS: XMAS PARADE	5:45am Sunrise Flow w/Katie 10 am Hatha w/ Sheena 11:30 Prenatal w/ Deanna 6pm pm Hatha Yoga w/Sheena	8:30 am Gentle Yoga w/Jan 4:30 pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow w/Gretchen	5:45am Sunrise Flow w/Katie 9am Gentle Yoga w/Eva 10:30 Am Postnatal yoga w/ Deanna 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Katie	10am Vinyasa Flow w/ Courtney 12-2pm Root to Crown Workshop: Root Chakra w/Sheena 
7	8	9	10	11	12	13
10 am Tone & Flow w/ Sheena 5pm Restorative w/ Eva 7pm Full Moon Yoga w/Sheena 	8:30 am Gentle Yoga w/Eva 5:30pm Vinyasa Flow w/ Maria	5:45am Sunrise Flow w/Katie 10 sm Hatha w/ sheena 11:30am Prenatal w/ Deanna 6pm Hatha Yoga w/Sheena	8:30 am Gentle Yoga w/ Jan 4:30 pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow w/Gretchen	5:45am Sunrise Flow w/Katie 9am Gentle Yoga w/Eva 10:30 am Postnatal w/ Deanna 5:45 pm Rest & Renew w/Eva pm Cardio yYoga Fusion w/ Maria	9am Slow Flow w/Jan & Will on Guitar 	10am Vinyasa Flow w/Courtney
14	15	16	17	18	19	20
10 am Vinyasa w/ Emily 11:30 am Cancer Care Yoga w/ Sandra (FREE) 5pm Stretch and Align w/Katie	8:30 am Gentle Yoga w/Eva 5:30pm Vinyasa Flow w/Jan	5:45am Sunrise w/ Katie 10 am Hatha w/ Sheena 11:30 am Prenatal w/ Deanna 6pm Hatha Yoga w/Sheena  7:30 pm Yin W/Sheena	8:30 Gentle Yoga w/ Jan 4:30 pm Warm Tone & Flow W/ Sheena w/ 6pm Warm Power Flow w/Gretchen	5:45am Sunrise Flow w/Katie 9am Restorative Yoga w/Eva 0:30 am Postnatal Yoga w/ Deanna 5:45 Rest & Renew w/ Eva	9am Slow Flow w/Katie	10am Vinyasa Flow w/Courtney
21	22	23	24	25	26	27
10 am Tone & Flow w/ Sheena 4:30 pm Restorative w/ Eva 7pm Soundbath w/ Jarek 	8:30 am Gentle Yoga w/Eva 5:30pm Vinyasa Flow w/Jan & Will on guitar  7pm Yoga Nidra w/ Sheena 	10 am Hatha w/ Sheena 11:30am Prenatal w/ Deanna 6pm Hatha Yoga w/Sheena	 STUDIO CLOSED FOR CHRISTMAS	 STUDIO CLOSED FOR CHRISTMAS	9am Slow Flow w/Jan	10am Vinyasa Flow w/Courtney
28	29	30	31	1	2	3
10 am Vinyasa w/ Emily 5pm Stretch and Align w/Jan	8:30 am Gentle Yoga w/Sheena 5:30pm Vinyasa Flow w/Jan	5:45am Sunrise Flow w/Jan 10 am Hatha w/ Sheena 11:30am Prenatal w/ Deanna 6pm Hatha Yoga w/Sheena 7pm Rock n Flow w/Courtney 	8:30 Gentle Yoga w/ Jan 6pm Warm Power Flow w/Gretchen	11:30 am Restorative Yoga w/ Katie	9am Slow Flow w/Jan	