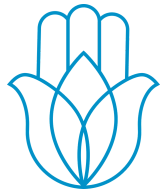


# JANUARY


Calendar Key:

Warm Classes

Special Classes  
and Workshops



2026

SUN	MON	TUE	WED	THU	FRI	SAT
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  5pm Thresholds w/ Sheena	9am Slow Flow w/Jan	10am Vinyasa Flow w/Courtney
4	5	6	7	8	9	10
10 am Tone & Flow w/ Sheena  5pm Restorative w/ Gretchen 7pm Full Moon Yoga w/ Sheena	8:30 am Gentle Yoga w/ Eva  5:30pm Vinyasa Flow w/Jan	5:45am Sunrise Flow w/Katie 10 am Hatha w/Sheena 11:30 am Prenatal w/Deanna 6pm Hatha Yoga w/Sheena	8:30 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 Postnatal yoga w/ Deanna 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Jan	10am Vinyasa Flow w/Courtney 11:30 am Power Flow w/ Maria
11	12	13	14	15	16	17
10 am Vinyasa w/ Emily  11:30 am Cancer Care Yoga w/ Sandra 5pm Stretch and Align w/Sheena	8:30 am Gentle Yoga w/Eva  5:30pm Vinyasa Flow w/Jan	5:45am Sunrise Flow w/Katie 10 am Hatha w/Sheena 11:30 am Prenatal w/Deanna 6pm Hatha Yoga w/Sheena	8:30 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 Postnatal Yoga w/ Deanna 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Jan	10am Vinyasa Flow w/Courtney
18	19	20	21	22	23	24
10 am Tone & Flow w/ Sheena  5pm Restorative Yoga w/Eva	8:30 am Gentle Yoga w/Eva  10:30am Salute to Service w/Sheena	5:45am Sunrise Flow w/Katie 10 am Hatha w/Sheena 11:30 am Prenatal w/Deanna 6pm Hatha Yoga w/Sheena 7:30 pm Yin Yoga w/ Sheena	8:30 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 Restorative Yoga w/Eva 10:30 Postnatal yoga w/ Deanna 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Jan	10am Vinyasa Flow w/Courtney 11:30 am Power Flow w/ Maria 4pm Warm LSD w/Jan
25	26	27	28	29	30	31
10 am Vinyasa w/ Emily  5pm Stretch and Align w/Katie	8:30 am Gentle Yoga w/Eva  5:30pm Vinyasa Flow w/Jan  7 pm Yoga Nidra w/ Sheena	5:45am Sunrise Flow w/Jan 10 am Hatha w/ Sheena 11:30am Prenatal w/ Deanna 6pm Hatha Yoga w/Sheena	8:30 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 Postnatal Yoga w/ Deanna 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Jan	10am Vinyasa Flow w/Courtney  3pm Elemental Rhythm Breathwork Workshop w/Carrie Brewer