

heartworkstudio

yoga · teacher training · barre classes

WINTER DAILY CLASS SCHEDULE

January 2 - April 29, 2018

SUNDAY

8:45-10:00 am	Slow Flow	Dana
10:30-11:25 am	Barre Tone	Dana
7:00-8:00 pm	Candlelit Relaxation Yoga ∞	Michelle

MONDAY

8:30-9:45 am	Slow Flow	Alice
12:00-1:00 pm	Slow Flow	Alice
4:15-5:10 pm	Barre Tone	Shawnee
5:30-6:45 pm	Flow	Shawnee

TUESDAY

8:30-9:45 am	Flow	Delia
12:00-1:00 pm	\$7 Flow	Michelle
5:30-6:30 pm	Deep Stretch/Yin ∞	Michelle
7:00-8:00 pm	Beginning Yoga ∞	Mary
7:00-8:00 pm	Hot Yoga	Michelle

WEDNESDAY

6:00-7:00 am	Flow	Deb
8:30-9:30 am	\$7 Slow Flow	Deb
12-12:55 pm	Barre Tone	Jamie
5:30-6:25 pm	Barre Tone	Jamie
6:45-8:00 pm	Prenatal & Postnatal Yoga ∞	Sarah
7:00-8:15 pm	Deep Stretch/Yin ∞	Michelle

THURSDAY

5:15-6:00 am	\$7 HIIT the Barre	Amy H
8:30-9:45 am	Flow	Katie
12-1:00 pm	Deep Stretch/Yin ∞	Katie
4:15-5:10 pm	\$7 Barre Tone	Shawnee
5:30-6:45 pm	Flow	Shawnee

FRIDAY

8:45-10:00 am	Slow Flow	Daisy
8:45-9:45 am	Power Yoga (heated)	Amy
10:30-11:20 am	\$7 Chair Yoga	Marie
12:00-1:00 pm	Slow Flow	Delia
4:30-5:25 pm	Barre Tone	Dana
5:30-6:30 pm	\$7 Flow	Delia

SATURDAY

8:30-9:45 am	Flow	Shawnee
8:45-9:45 am	Slow Flow	Michelle
10:00-11:15 am	Barre + Stretch	Shawnee

∞ - class suitable for all fitness levels -

www.heartworkyoga.com