

Yoga In The Pines

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2024

Instructors:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Happy New Year</i>	2 9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	3 8:30a - GENTLE/ YIN 4:00p - YOGA ALL LEVELS 6:00p - REST/YIN	4 9:00a - GENTLE 10:30a- CHAIR 2:00p - Student Practicum -free	5 8:30a - ENERGY 10:00a-HEATED* 26+2 (90m)	6 9:00a - POWER 10:30a - REST/YIN
'Winter Bells' ↑ This Month's Paint In The Pines!	8 8:30a - GENTLE/ YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION	9 9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	10 8:30a - GENTLE/ YIN 4:00p - GENTLE 6:00p - ENERGY	11 9:00a - GENTLE 10:30a- CHAIR 2:00p - Student Practicum -free 6:00p - TEA CIRCLE (90m)	12 10:00a-HEATED* 26+2 (90m)	13 9:00a - DANCE FITNESS (60m) 10:30a - SOUND MEDITATION
	14	15 8:30a - GENTLE/ YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION	16 9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	17 8:30a - GENTLE/ YIN 4:00p - YOGA ALL LEVELS 6:00p - REST/YIN	18 9:00a - GENTLE 10:30a- CHAIR 2:00p - Student Practicum -free 6:00p- CHAKRA SERIES root	19 8:30a - ENERGY 10:00a-HEATED* 26+2 (90m)
21 2:00p - KRAFT WITH KAYLA - mini book cases 120m	22 8:30a - GENTLE/ YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION	23 9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	24 8:30a - GENTLE/ YIN 4:00p - GENTLE 6:00p - ENERGY	25 9:00a - GENTLE 10:30a- CHAIR	26 8:30a - ENERGY 10:00a-WARM FLOW* 6:00p - PAINT IN THE PINES 120m	27 9:00a - POWER 10:30a - FAMILY FUN EVENT 90m
28	29 8:30a - GENTLE/ YIN 6:00p - GENTLE STRETCH & MEDIATATION	30 9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	31 8:30a - GENTLE/ YIN 4:00p - YOGA ALL LEVELS 6:00p - REST/YIN	PRICING: \$16 - Single Drop-In Class \$13 - Senior Discount Drop-In \$55 - 4 Class Pass (valid 60d) \$5 - Chair Class Discount \$108 - Unlimited Pass (30d) Events / Workshops Vary - All studio classes are 75 minutes unless otherwise stated. - Walk-ins welcome for regularly scheduled weekly classes!! *Must Register for Events, Workshops, Heated Yoga (6 spots) to save your spot. Walk-ins are welcome as space is available Register at www.YogaInThePines.com		