

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60min 6:00-7:00a	Don Silva Flow		Don Silva Flow		Don Silva Flow		
60min 7:10-8:10a		Morgan R. YinYang		Morgan R. YinYang			
60min 8:20-9:20a	Jenni A. Zen	Jenni A. Flow.	Jenni A. Zen	Jenni/Josie K. Flow		Alison E. Flow	Alison E. Flow
60min 9:30-10:30a	Jenni A. Flow	Jenni A. Zen	Jenni A. Flow.	Jenni/Josie K. Zen	Alison E. Zen	Morgan R. Zen	Alison E. Zen
60min 12-1p	Josie K. Flow	Jenni A. YinYang @ Heriitage Park Gazebo	Josie K. Flow		Francy M. Flow		
60min 5:10-6:10p	Amber H. Flow	Tiff H. Flow	Amber H. Flow	Tiff H. Flow			
60min 6:20-7:20p	Amber H. YinYang	Penny/Julia Flow	Amber H. YinYang	Julia/Penny Flow	Sonja C. YinYang @ Heriitage Park Gazebo		Morgan R. Zen
60min 7:30-8:30p	Jenni Zen	Jenni Zen	Jenni Zen	Jenni/Sonja Zen			

09/08/20



www.Red-Yoga.com
605 E State Street Eagle, Idaho 83616
Text Jenni 208-890-0108



Welcome to Red-Yoga....We love ALL Students. All ages, All flexibility levels, All economics, All races, All Sizes, All genders, All religions, All languages, All mental abilities, All occupations, and from any region.

We regularly sanitize our studio and our props as recommended by the EPA; List N

We regularly use an air cleaner and purifier with a 4 stage Heppa filter.

We regularly use Ultra Sonic UV ozone lights when the studio is empty.

We regularly open both the front and back door for ventilation.We maintain Social Distancing.

We limit our class sizes. We cover our props with non-porous plastic.

We offer 2 outdoor classes per week at the Heritage Park Gazebo on old State Street in Eagle.

We offer some on-line classes via Zoom.

We offer mats, towels and filtered water at no extra charge. (B.Y.O.B. water bottle) or cup.)

We offer a cold scented towel at the end of savasana.

We offer a full schedule and amazing certified instructors

We offer a warm studio set to 85-90 degreesWe offer unique classes; we do not use a script or dialogue. All classes are for all levels.

We do not require you wear a mask during class, but you are welcome to do so.

We ask all students to....Please pre-pay for your classes from your Red-Yoga account (Mind Body) .We will no longer take cash or checks.

Please pre-register before attending class. This helps us limit the class sizes.

Please wait until the class ahead of you has completely finished before you enter the studio, this helps us maintain social distancing.

Please arrive 5-10 minutes before class and stay for the entire classPlease leave valuables in your car. Red-Yoga is not responsible for lost or stolen items.Please use proper sanitation when using Red-Yoga facilities and

props.Please Do Not Enter if you are ill, suspected ill or are susceptible to illnesses.Please Do Not use more than one intro pass, you may use 1 (one)

Groupou OR 1(one) 2-week intro pass. Not both and only one per student

PLEASE Monitor auto pay it is a 1 (one) year commment NO Refunds, No transfers, No Sharing of class cards or unlimited passes

