

Yoga In The Pines

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2024



Instructors:

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Kraft with Kayla

Staff



This Month's Paint In The Pines 'Fall Sunset'



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		9:00a - GENTLE 10:30a - CHAIR 5:30p - REST/YIN YOGA	4:00p - ALL LEVELS YOGA 5:30p - ENERGY	9:00a - GENTLE 10:30a - CHAIR 5:30p - YIN YOGA	10:00a ORIGINAL HOT YOGA 1:00p - ALL LEVELS YOGA	10:30pa- GENTLE YOGA
	7	8	9	10	11	12
	8:30a - ALL LEVELS YOGA 5:30p - GENTLE YOGA	9:00a - GENTLE 10:30a - CHAIR 5:30p - REST/YIN YOGA	5:30p - ALL LEVELS YOGA	9:00a - GENTLE 10:30a - CHAIR 5:30p - YIN YOGA	10:00a ORIGINAL HOT YOGA 1:00p - ALL LEVELS YOGA	10:30a - FLOW INTO YIN
13	14	15	16	17	18	19
	8:30a - ALL LEVELS YOGA 5:30p - GENTLE YOGA	9:00a - GENTLE 10:30a - CHAIR 5:30p - REST/YIN YOGA	4:00p - ALL LEVELS YOGA 5:30p - ENERGY	9:00a - GENTLE 10:30a - CHAIR	8:30a - ENERGY 10:00a HEATED ALL LEVELS 1:00p - ALL LEVELS YOGA	10:30a - FLOW INTO YIN 6:00p - GROUND LIGHT SOUND MEDITATION
20	21	22	23	24	25	26
		9:00a - GENTLE 10:30a - CHAIR 5:30-7:00p-WELL-NESS EVENT	4:00p - ALL LEVELS YOGA 5:30p - ENERGY	9:00a - GENTLE 10:30a - CHAIR	8:30a - ENERGY 10:00a ORIGINAL HOT YOGA 1:00p - ALL LEVELS YOGA 6:00p - PAINT IN THE PINES 120m	10:30a - FAMILY FUN EVENT 90m
27	28	29	30	31	PRICING:	
3:00-5:00p - KRAFT WITH KAYLA mini me dolls	8:30a - ALL LEVELS YOGA 5:30p - GENTLE YOGA	9:00a - GENTLE 10:30a - CHAIR 3:00-5:00p - ENERGY TUNE UPS 5:30p - REST/YIN YOGA	4:00p - ALL LEVELS YOGA 5:30p - ENERGY	9:00a - GENTLE 10:30a - CHAIR	\$16 - Single Drop-In Class \$55 - 4 Class Pass (valid 60d) \$108 - Unlimited Pass (30d) \$13 - Senior Discount Drop-In \$75 - Unlimited Zoom Access \$5 - Chair Class Discount -Studio classes are 75 minutes unless stated Walk-ins welcome for regularly scheduled weekly classes - Must Register Events, Workshops, Heated/Hot Yoga (walk ins welcome as space provides) - *Original Hot Yoga 90min* - Visit website for class/events descriptions	