



Yoga In The Pines

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Payson Arizona
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2024

Instructors:

Megan - @meganerbeyoga/meganerbe.yoga
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Kayla
Staff

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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) \$75 - Unlimited Zoom Access - All studio classes are 75 minutes unless otherwise stated. - Walk-ins welcome for regularly scheduled weekly classes!! Must Register Events, Workshops, Heated Yoga(6max) & SUP Walk-ins are welcome as space is available. ALL SUP CLASSES at Willow Springs Lake				1 9:00a - GENTLE 10:30a - CHAIR 5:30pp - TEN- SION RELIEF	2 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - FUSION FLOW (donation)	3 10:30a - FLOW INTO YIN 12:00p - SUP YOGA
4	5 8:30a - FLOW INTO YIN 5:30p - SOUNDS MEDITATION	6 9:00a - GENTLE 10:30a - CHAIR 530p - DANCE FITNESS	7 8:30a - FLOW INTO YIN 4:00p - YOGA ALL LEVELS 5:30p - REST/YIN	8 9:00a - GENTLE 12:30a - ENER- GY TUNE UPS 30min 5:30pp - TEN- SION RELIEF	9 1:00p - FUSION FLOW (donation)	10 10:30a - GENTLE STRETCH
11	12 8:30a - FLOW INTO YIN 5:30p - SOUNDS MEDITATION	13 9:00a - GENTLE 10:30a - CHAIR 530p - GENTLE STRETCH	14 8:30a - FLOW INTO YIN 4:00p - YOGA ALL LEVELS 5:30p - ENERGY	15 9:00a - GENTLE 10:30a - CHAIR 5:30pp - TEN- SION RELIEF	16 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - FUSION FLOW (donation) 6:00p - KRAFT W/ KAYLA 120m	17 10:30a - FLOW INTO YIN
18	19 8:30a - FLOW INTO YIN 6:30-9:00p - BLUE FULL MOON MINI RETREAT!!	20 9:00a - GENTLE 10:30a - CHAIR	21 8:30a - FLOW INTO YIN 4:00p - YOGA ALL LEVELS 5:30p - REST/YIN	22 9:00a - GENTLE 10:30a - CHAIR	23 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - FUSION FLOW (donation) Paint In The Pines will be back Sept*	24 10:30a - GENTLE STRETCH 10:30a - FREE FIELD DAYS GVP
25 12:00p - SUP ADVENTURE	26 8:30a - FLOW INTO YIN 5:30p - SOUNDS MEDITATION	27 9:00a - GENTLE 10:30a - CHAIR 3:00p - ENERGY TUNE UPS 30min 530p - GENTLE STRETCH	28 8:30a - FLOW INTO YIN 4:00p - YOGA ALL LEVELS 5:30p - ENERGY	29 9:00a - GENTLE 10:30a - CHAIR 5:30pp - TEN- SION RELIEF	30 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - FUSION FLOW (donation)	31 10:30a - FLOW INTO YIN 12:00p - SUP YOGA