Yoga In The Pines
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2024

Instructors:

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Lisa - @2mcnabs

Abhaya

William - @willin_az Gail - as Mother Mallard

Tina T.

Kraft with Kayla

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	- A + 1	9:00a - GENTLE	8:30a - GENTLE/	9:00a - GENTLE	8:30a - ENERGY	9:00a - POWER
*	Happy *	10:30a - CHAIR	YIN	10:30a- CHAIR	10:00a-HEATED*	10:30a - REST/YIN
	1 M. Olear				26+2 (90m)	
	* Of (600 3)*		4:00p - YOGA	2:00p - Student		
		6:00p - DANCE	ALL LEVELS	Practicum -free		
		FITNESS (60m)	6:00p - REST/YIN			
	8	9	10	11	12	13
'Winter Bells'	8:30a - GENTLE/	9:00a - GENTLE	8:30a - GENTLE/	9:00a - GENTLE		9:00a - DANCE
Willter Della	YIN	10:30a - CHAIR	YIN	10:30a- CHAIR	10:00a-HEATED*	FITNESS (60m)
This Month's					26+2 (90m)	10:30a - SOUND
Paint In The Pines!	4:00p - HEATED*			2:00p - Student		MEDITATION
Pilles:	26+2 (90m)		4:00p - GENTLE	Practicum -free		
	6:00p - SOUND	6:00p - DANCE	6:00p - ENERGY	6:00p - TEA		
	MEDITATION	FITNESS (60m)		CIRCLE (90m)		
14	15	16	17	18	19	20
	8:30a - GENTLE/	9:00a - GENTLE	8:30a - GENTLE/	9:00a - GENTLE	8:30a - ENERGY	9:00a - POWER
	YIN	10:30a - CHAIR	YIN	10:30a- CHAIR	10:00a-HEATED*	10:30a - REST/YIN
				_	26+2 (90m)	
	4:00p - HEATED*			2:00p - Student		
	26+2 (90m)		4:00p - YOGA	Practicum -free		
	6:00p - SOUND	6:00p - DANCE	ALL LEVELS	6:00p- CHAKRA		
21	MEDITATION	FITNESS (60m)	6:00p - REST/YIN 24		26	27
2.1	. 22			75		
						27
	8:30a - GENTLE/	9:00a - GENTLE	8:30a - GENTLE/	9:00a - GENTLE	8:30a - ENERGY	9:00a - POWER
	8:30a - GENTLE/ YIN				8:30a - ENERGY 10:00a-WARM	9:00a - POWER 10:30a - FAMILY
2:00p - KRAFT	YIN	9:00a - GENTLE	8:30a - GENTLE/	9:00a - GENTLE	8:30a - ENERGY	9:00a - POWER 10:30a - FAMILY FUN EVENT
WITH KAYLA -	YIN 4:00p - HEATED*	9:00a - GENTLE	8:30a - GENTLE/ YIN	9:00a - GENTLE	8:30a - ENERGY 10:00a-WARM FLOW*	9:00a - POWER 10:30a - FAMILY
WITH KAYLA - mini book cases	YIN 4:00p - HEATED* 26+2 (90m)	9:00a - GENTLE 10:30a - CHAIR	8:30a - GENTLE/ YIN 4:00p - GENTLE	9:00a - GENTLE	8:30a - ENERGY 10:00a-WARM FLOW* 6:00p - PAINT IN	9:00a - POWER 10:30a - FAMILY FUN EVENT
WITH KAYLA -	YIN 4:00p - HEATED*	9:00a - GENTLE	8:30a - GENTLE/ YIN	9:00a - GENTLE	8:30a - ENERGY 10:00a-WARM FLOW*	9:00a - POWER 10:30a - FAMILY FUN EVENT
WITH KAYLA - mini book cases	4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE	8:30a - GENTLE/ YIN 4:00p - GENTLE 6:00p - ENERGY	9:00a - GENTLE	8:30a - ENERGY 10:00a-WARM FLOW* 6:00p - PAINT IN THE PINES 120m	9:00a - POWER 10:30a - FAMILY FUN EVENT
WITH KAYLA - mini book cases 120m	YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION 3 29	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	8:30a - GENTLE/ YIN 4:00p - GENTLE 6:00p - ENERGY	9:00a - GENTLE 10:30a- CHAIR	8:30a - ENERGY 10:00a-WARM FLOW* 6:00p - PAINT IN THE PINES 120m PRICING:	9:00a - POWER 10:30a - FAMILY FUN EVENT
WITH KAYLA - mini book cases 120m	YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION 8:30a - GENTLE/	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m) 30 9:00a - GENTLE	8:30a - GENTLE/ YIN 4:00p - GENTLE 6:00p - ENERGY 31 8:30a - GENTLE/	9:00a - GENTLE 10:30a- CHAIR \$16 - Single Drop- \$55 - 4 Class Pass	8:30a - ENERGY 10:00a-WARM FLOW* 6:00p - PAINT IN THE PINES 120m PRICING: (valid 60d) \$5 - Cl	9:00a - POWER 10:30a - FAMILY FUN EVENT 90m enior Discount Drop-In hair Class Discount
WITH KAYLA - mini book cases 120m	YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION 3 29	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	8:30a - GENTLE/ YIN 4:00p - GENTLE 6:00p - ENERGY	9:00a - GENTLE 10:30a- CHAIR \$16 - Single Drop-	8:30a - ENERGY 10:00a-WARM FLOW* 6:00p - PAINT IN THE PINES 120m PRICING: (valid 60d) \$5 - Cl	9:00a - POWER 10:30a - FAMILY FUN EVENT 90m
WITH KAYLA - mini book cases 120m	YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION 8:30a - GENTLE/	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m) 30 9:00a - GENTLE	8:30a - GENTLE/ YIN 4:00p - GENTLE 6:00p - ENERGY 31 8:30a - GENTLE/	9:00a - GENTLE 10:30a- CHAIR \$16 - Single Drop- \$55 - 4 Class Pass \$108 - Unlimited I	8:30a - ENERGY 10:00a-WARM FLOW* 6:00p - PAINT IN THE PINES 120m PRICING: In Class \$13 - Se (valid 60d) \$5 - Cl Pass (30d) Events	9:00a - POWER 10:30a - FAMILY FUN EVENT 90m enior Discount Drop-In hair Class Discount
WITH KAYLA - mini book cases 120m	YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION 8:30a - GENTLE/	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m) 30 9:00a - GENTLE	8:30a - GENTLE/ YIN 4:00p - GENTLE 6:00p - ENERGY 31 8:30a - GENTLE/	9:00a - GENTLE 10:30a- CHAIR \$16 - Single Drop- \$55 - 4 Class Pass \$108 - Unlimited II - All studio classe - Walk-ins welcom	8:30a - ENERGY 10:00a-WARM FLOW* 6:00p - PAINT IN THE PINES 120m PRICING: In Class \$13 - Se (valid 60d) \$5 - Cl Pass (30d) Events es are 75 minutes unle me for regularly scheo	9:00a - POWER 10:30a - FAMILY FUN EVENT 90m enior Discount Drop-In hair Class Discount s / Workshops Vary ess otherwise stated. duled weekly classes!!
WITH KAYLA - mini book cases 120m	YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION 8 29 8:30a - GENTLE/ YIN	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m) 30 9:00a - GENTLE	8:30a - GENTLE/ YIN 4:00p - GENTLE 6:00p - ENERGY 31 8:30a - GENTLE/ YIN	9:00a - GENTLE 10:30a- CHAIR \$16 - Single Drop- \$55 - 4 Class Pass \$108 - Unlimited I - All studio classe - Walk-ins welcon *Must Register for	8:30a - ENERGY 10:00a-WARM FLOW* 6:00p - PAINT IN THE PINES 120m PRICING: In Class \$13 - Se (valid 60d) \$5 - Cl Pass (30d) Events es are 75 minutes unle me for regularly scheor r Events, Workshops,	9:00a - POWER 10:30a - FAMILY FUN EVENT 90m enior Discount Drop-In hair Class Discount s / Workshops Vary ess otherwise stated.