



Yoga In The Pines

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2024

Instructors:

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Abhaya P.

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Gail - as Mother Mallard

Kraft with Kayla

Staff

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 	3 9:00a - GENTLE 10:30a - CHAIR 5:30p - REST/YIN YOGA	4 4:00p - ALL LEVELS YOGA 5:30p - ENERGY	5 9:00a - GENTLE 10:30a - CHAIR	6 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - FUSION FLOW YOGA donation	7 10:30pa- GENTLE YOGA
8	9 8:30a - FLOW INTO YIN	10 9:00a - GENTLE 10:30a - CHAIR 5:30p - REST/YIN YOGA	11 4:00p - ALL LEVELS YOGA 5:30p - ENERGY	12 9:00a - GENTLE 10:30a - CHAIR 12:30a - ENER-GY TUNE UPS 30min sessions 5:30p - ALL LEVELS YOGA	13 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - FUSION FLOW YOGA donation	14 10:30a - FLOW INTO YIN 11:00a - SUP YOGA
15	16 8:30a - FLOW INTO YIN	17 9:00a - GENTLE 10:30a - CHAIR 5:30p - REST/YIN YOGA	18 4:00p - ALL LEVELS YOGA 5:30p - ENERGY	19 9:00a - GENTLE 10:30a - CHAIR 5:30p - ALL LEVELS YOGA	20 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - FUSION FLOW YOGA donation	21 10:30a - GENTLE YOGA
22	23 8:30a - FLOW INTO YIN 5:30p - GENTLE YOGA	24 9:00a - GENTLE 10:30a - CHAIR 5:30p - REST/YIN YOGA	25 4:00p - ALL LEVELS YOGA 5:30p - ENERGY	26 9:00a - GENTLE 10:30a - CHAIR 5:30p - ALL LEVELS YOGA	27 8:30a - ENERGY 10:00a ORIGI-NAL HOT YOGA 6:00p - PAINT IN THE PINES 120m	28 10:30a - FLOW INTO YIN 10:30a - FAMILY FUN EVENT 90m *At Green Valley Park*
29 3:00p - KRAFT W/ KAYLA Pumpkin Paint!	30 5:30p - GENTLE YOGA	This Month's Paint In The Pines 'Aurora' 		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/Hot Yoga & SUP Walk-ins are welcome as space is available. ALL SUP CLASSES at Willow Springs Lake		