

**Journey To Be
Virtual Studio Schedule
January 2021**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 10:00am	Gentle Yoga	Yin Nidra		Gentle Yoga	
6:30 – 7:15pm	Strength		Strength	Yin Nidra	
7:30 – 8:30pm	Yoga		Yoga		

**Journey To Be
Jan/Feb 2021 Studio Schedule
January 4 - February 26**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 10:00am	Gentle Yoga	Strength & Stretch		Gentle Yoga	
10:30 - 11:30am		Yoga		Yin Nidra	
4:30 - 5:30pm		Yoga			Strength & Stretch
6:00 - 7:00pm	Strength & Stretch	Yoga	Strength & Stretch	Yin Nidra	
7:30 - 8:30pm	Yoga		Yoga	Yoga	