

**Journey To Be  
2021 Studio Schedule  
February 16 – Mar 31**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9:00 – 10:00am</b>	<b>Gentle Yoga</b>	<b>Strength &amp; Stretch</b>		<b>Gentle Yoga</b>	
<b>10:30 – 11:30am</b>		<b>Yoga</b>		<b>Yin Nidra</b>	
<b>4:30 – 5:30pm</b>		<b>Yoga</b>			<b>Strength &amp; Stretch</b>
<b>6:00 – 7:00pm</b>	<b>Strength &amp; Stretch</b>	<b>Gentle Yoga</b>	<b>Strength &amp; Stretch</b>	<b>Yin Nidra</b>	
<b>7:30 – 8:30pm</b>	<b>Yoga</b>		<b>Yoga</b>	<b>Yoga</b>	