

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

<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>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>	