

# Empow3r Yoga Schedule

## JANUARY & FEBRUARY



SUN	MON	TUES	WED	THU	FRI	SAT
<p><b><u>8:30 - 9:30am</u></b> Yoga Flow Kylie <i>Jan 18, Feb 1</i></p>	<p><b><u>6:00 - 7:00 am</u></b> Yoga Flow Kim</p> <p><b><u>12:00 - 1:00 pm</u></b> Slow Flow Jenn</p>	<p><b><u>5:45 - 6:45am</u></b> Yoga Flow Julia</p> <p><b><u>5:15 - 6:15 pm</u></b> Slow Flow Jenn</p> <p><b><u>6:45 - 7:45 pm</u></b> Restorative Jenn</p>	<p><b><u>5:00 - 5:45 pm</u></b> Yoga Flow Debbie</p> <p><b><u>6:00 - 7:00 pm</u></b> Mat Pilates Debbie</p>	<p><b><u>5:45 - 6:45am</u></b> Slow Flow Julia</p> <p><b><u>5:15 - 6:15 pm</u></b> Slow Flow Debbie</p> <p><b><u>6:30 - 7:30 pm</u></b> Candlelit Yin Debbie</p>	<p><b><u>4:30 - 5:40pm</u></b> Lift &amp; Flow Michelle <i>Every 3rd Friday</i></p>	<p><b><u>8:00 - 9:00 am</u></b> Yoga Flow Kim <i>Jan 24, Feb 7, Feb 21</i></p> <p><b><u>9:30 - 10:30 am</u></b> Yoga Flow Kim <i>Jan 31, Feb 14</i></p>