



# Eight Limbs Yoga – December Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>MONTHLY MEMBERSHIP UNLIMITED YOGA \$87.50 STUDENTS/SENIORS \$79.50</b>		7-8 am Power Yoga  12-12:50 pm Love Your Hips & Hamstrings  5-5:45 pm Yoga Build 6:30-7:30 pm Yin	7-8 am Rise & Shine 10-11 am Gentle Hatha  12-12:50 Pilates  5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine  12-12:50 pm Fun Flow  5-5:45 pm Core Flow 6:30-7:30 pm Men's Yoga	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 pm Strong Slow Flow 5-6 pm Pilates 5:30-6:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
8-9 am Ashtanga 9:30-10:30 am Happy Hips	7-8 am Rise & Shine 10-11 am Gentle Hatha  5:30 -6:30 pm Vinyasa 7-8 pm Evening Surrender – Yoga Nidra	7-8 am Power Yoga  12-12:50 pm Love Your Hips & Hamstrings  5-5:45 pm Yoga Build 6:30-7:30 pm Yin	7-8 am Rise & Shine 10-11 am Gentle Hatha  12-12:50 Pilates  5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine  12-12:50 pm Fun Flow  5-5:45 pm Core Flow 6:30-7:30 pm Men's Yoga	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 pm Strong Slow Flow 5-6 pm Pilates 6:30-7:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
8-9 am Ashtanga 9:30-10:30 am Happy Hips	7-8 am Rise & Shine 10-11 am Gentle Hatha  5:30 -6:30 pm Vinyasa 7-8 pm Evening Surrender – Yoga Nidra	7-8 am Power Yoga  12-12:50 pm Love Your Hips & Hamstrings  5-5:45 pm Yoga Build 6:30-7:30 pm Yin	7-8 am Rise & Shine 10-11 am Gentle Hatha  12-12:50 Pilates  5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine  12-12:50 pm Fun Flow  5-5:45 pm Core Flow 6:30-7:30 pm Men's Yoga	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 pm Strong Slow Flow 5-6 pm Pilates 6:30-7:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
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<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	January 1 2021	<b>2</b>
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips	7-8 am Rise & Shine 10-11 am Gentle Hatha  5:30 -6:30 pm Vinyasa 7-8 pm Evening Surrender – Yoga Nidra	7-8 am Power Yoga  12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates  5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine  12-12:50 pm Fun Flow  <b>5-6pm Candlelit New Year's Eve Slow Flow</b>	<b>Happy New Year!</b>  <b>10-11 am Free New Year's Day Class on Zoom - Hatha Flow for all levels</b>	8-9 am Vinyasa 9:30-10:30 Vin-Yin