



# Eight Limbs Yoga – January Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		29	30	31	1	2
<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	7-8 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
		3	4	5	6	7
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	7-8 am Rise & Shine  12-12:50 pm Fun Flow  5-5:45 pm Core Flow 6:30 pm TBA	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 pm Strong Slow Flow  6:30-7:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin
10	11	12	13	14	15	16
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	7-8 am Rise & Shine  12-12:50 pm Fun Flow  5-5:45 pm Core Flow 6:30 pm TBA	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
17	18	19	20	21	22	23
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	7-8 am Rise & Shine  12-12:50 pm Fun Flow  5-5:45 pm Core Flow 6:30 pm TBA	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>End of Lockdown!</b>
24/31	25	26	27	28	29	30
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	7-8 am Rise & Shine  12-12:50 pm Fun Flow  5-5:45 pm Core Flow 6:30 pm TBA	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