

## Mondays

5:15-6:15pm	 <b>Dharma I Yoga</b> in GF - \$45 for 5 weeks or \$12 drop-in/pass Session 1: 1/8, 1/22, 1/29, 2/5, 2/12 (no class 1/15) Session 2: 2/19, 2/26, 3/5, 3/19, 3/26 (no class 3/12)
5:30-6:15pm	<b>Tabata Bootcamp</b> in GF - \$36 for 6 weeks or \$10 drop-in. Suite #G02. 1/8, 1/15, 1/22, 1/29, 2/5, 2/12
6:30-7:30pm	<b>Yoga</b> in GF - \$54 for 6 weeks or \$12 drop-in/pass Session 1: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12 Session 2: 2/19, 2/26, 3/5, 3/12, 3/19, 3/26
7:00-8:00pm	<b>Beginner Aerial Yoga</b> in LG - \$65 for 5 weeks or \$17 drop-in. Pre-registration required. Session 1: 1/8, 1/22, 1/29, 2/5, 2/12 (no class 1/15) Session 2: 2/19, 2/26, 3/5, 3/19, 3/26 (no class 3/12)

## Tuesdays

5:45-6:45am	 <b>Early AM Yoga</b> in GF - \$54 for 6 weeks or \$12 drop-in/pass. Session 1: 1/16, 1/23, 1/30, 2/6, 2/13, 2/20 Session 2: 2/27, 3/6, 3/13, 3/20, 3/27, 4/3
9:30-10:30am	 <b>Yin Yang Workout</b> in GF - \$45 for 5 weeks or \$12 drop-in/pass. Pre-registration required. Session 1: 1/9, 1/23, 1/30, 2/6, 2/13 (no class 1/16) Session 2: 2/20, 2/27, 3/6, 3/20, 3/27 (no class 3/13)
4:00-4:30pm	 <b>Kids Yoga</b> (ages 5-7) in GF - \$30 for 5 weeks. Pre-registration required. Session 1: 1/23, 1/30, 2/6, 2/13, 2/20 Session 2: 2/27, 3/6, 3/13, 3/20, 3/27
6:00-7:30pm	 <b>Intro to Ashtanga Vinyasa Yoga</b> in GF - \$55 for 4 weeks or \$15 drop-in/pass. Session 1: 1/9, 1/23, 1/30, 2/6

## Wednesdays

10:30-11:00am	 <b>Mommy + Me Yoga + Tea</b> (ages 18m-3y) in GF - \$70 for 5 weeks. Pre-registration required. 1/31, 2/7, 2/14, 2/21, 2/28
1:00-1:30pm	 <b>Kids Yoga</b> (ages 3-5) in GF - \$30 for 5 weeks. Pre-registration required. Session 1: 1/24, 1/31, 2/7, 2/14, 2/21 Session 2: 2/28, 3/7, 3/14, 3/21, 3/28
4:30-5:15pm	 <b>Kids Yoga</b> (ages 7-11) in GF - \$40 for 5 weeks. Pre-registration required. 1/24, 1/31, 2/7, 2/14, 2/21
5:15-6:15pm*	<b>Beginner Yoga</b> in GF - \$54 for 6 weeks or \$12 drop-in/pass. Session 1: 1/10, 1/17, 1/24, 1/31, 2/7, 2/14 Session 2: 2/21, 2/28, 3/7, 3/14, 3/21, 3/28 <b>*Add Pranayama + Meditation for only \$25 for five weeks!</b>
5:30-6:15pm	<b>Kickboxing</b> in GF - \$30 for 5 weeks or \$10 drop-in. 1/10, 1/24, 1/31, 2/7, 2/14 (no class 1/17)
6:30-7:00pm*	 <b>Pranayama + Meditation</b> in GF \$35 for 5 weeks or \$10 drop-in/pass or <b>only \$25 with 5:15pm or 7:15pm class!</b> Session 1: 1/10, 1/24, 1/31, 2/7, 2/14 (no class 1/17) Session 2: 2/21, 2/28, 3/7, 3/21, 3/28 (no class 3/14)
7:15-8:15pm*	<b>Dharma Yoga</b> in GF \$45 for 5 weeks or \$12 drop-in/pass. Session 1: 1/10, 1/24, 1/31, 2/7, 2/14 (no class 1/17) Session 2: 2/21, 2/28, 3/7, 3/21, 3/28 (no class 3/14) <b>*Add Pranayama + Meditation for only \$25 for five weeks!</b>
7:00-8:00pm	 <b>Beginner Belly Dance</b> in LG - Pre-registration required. \$60 for 6 weeks: 1/24, 1/31, 2/7, 2/14, 2/21, 2/28

## Thursdays

Session 1: 1/18, 1/25, 2/1, 2/8, 2/22 (no class 2/15)

Session 2: 3/1, 3/8, 3/22, 3/29, 4/5 (no class 3/15)

4:30-5:30pm	<b>Beginner Aerial Yoga</b> in LG - \$65 for 5 weeks or \$17 drop-in. Pre-registration required.
6:15-6:45pm*	<b>Mindfulness Meditation</b> in GF - \$5 suggested donation.
7:00-8:00pm*	<b>Dharma I Yoga</b> in GF - \$45 for 5 weeks or \$12 drop-in/pass.
8:15-8:45pm*	<b>Yoga Nidra Deep Healing Relaxation + Manifestation</b> in GF - \$10 drop-in/pass. <b>*Get all 3 classes - \$90 for 5 weeks or \$25 drop-in</b>


## Fridays

9:15-10:15am	<b>Beginner Yoga</b> in LG - \$45 for 5 weeks or \$12 drop-in/pass. Session 1: 1/19, 1/26, 2/2, 2/9, 2/16 Session 2: 2/23, 3/2, 3/9, 3/23, 3/30 (no class 3/16)
6:00-7:30pm	<b>Restorative + Therapeutic Yoga</b> in GF - 1/19, 2/9, 3/23 only. \$15. Pre-registration required.

## Saturdays

9:00-10:15am	<b>Yoga</b> in GF - \$45 for 5 weeks or \$12 drop-in/pass. Session 1: 1/20, 1/27, 2/3, 2/10, 2/17 Session 2: 2/24, 3/3, 3/10, 3/17, 3/24
9:00-10:00am 	<b>Beginner Aerial Yoga</b> in LG - \$65 for 5 weeks or \$17 drop-in. Pre-registration required. Session 1: 1/20, 2/3, 2/10, 2/17, 2/24 (no class 1/27) Session 2: 3/3, 3/10, 3/24, 3/31, 4/7 (no class 3/17)
9:00-9:45am	<b>Barre Conditioning</b> in GF - \$18 for 3 weeks or \$10 drop-in. 2/3, 2/10, 2/17 (no class 1/27)
10:30-11:30am 	<b>Girls Rising</b> (ages 11-15) in LG - \$55 for 5 weeks. Pre-registration required. 1/20, 2/3, 2/10, 2/17, 2/24 (no class 1/27)
1:00-3:00pm 	<b>Mindful Eating. Mindful Life. Workshop Series</b> in GF - Pre-registration required. Begins Friday, February 3rd. Please contact us for more information.

## Sundays

11:00am-12:00pm	<b>Gentle Yoga</b> in GF - \$36 for 4 weeks or \$12 drop-in/pass. Session 1: 1/28, 2/4, 2/11, 2/25 (no class 2/18) Session 2: 3/4, 3/11, 3/18, 3/25
5:00-7:30pm 	<b>Potluck Dinner + Group Meditation</b> in GF - FREE - 2/18 & 3/4 only. Pre-registration required.
6:00-7:30pm	<b>The Yoga of 12-Step Recovery</b> in GF - By Donation - 1/21, 2/25, 3/25 only.