



## SPRING 2021 SCHEDULE

[www.thewoodsyoga.com](http://www.thewoodsyoga.com)

### MONDAY

6 vinyasa\*  
930 YinYasa  
6 vinyasa

\*IN-STUDIO and livestream via  
FB community group

### TUESDAY

6 power  
930 vinyasa  
6 sculpt  
730 YinYasa

### WEDNESDAY

6 vinyasa\*  
730 power  
930 YinYasa  
11 parent + baby  
430 YinYasa  
6 power  
730 gentle +  
meditation

\*IN-STUDIO and livestream via FB  
community group

### THURSDAY

6 power  
930 vinyasa  
430 strengthen yoga

### FRIDAY

730 power  
930 vinyasa  
430 YinYasa

### SATURDAY

8 YinYasa  
930 vinyasa  
11 kettlebell cardio  
1230 instruction +  
discussion

### SUNDAY

8 vinyasa  
930 sunday over easy  
430 mindfulness  
yoga

### INFO

schedule subject to change  
anytime, check website for  
updates

all classes heated up to 80  
degrees

full class descriptions on  
website

space is limited, pre-registration  
required