



65959 Van Dyke, Washington, MI

<https://whitelotusyoga.net/> 586-752-2700

Black for Large Room - Blue for Small Room

SCHEDULE OF CLASSES

Monday

9:00 ~ 10:15am	Yin & Yang	Catherine
10:30 ~ 11:30am	Basic/Intro	Catherine
5:15 ~ 6:15pm	Yin	Peggy
<u>5:15 ~ 6:15pm</u>	<u>Flow</u>	<u>Victoria</u>
6:30 ~ 7:45pm	Hot Flow	Natasha
<u>6:30 ~ 7:45pm</u>	<u>AIReal Yoga™</u>	<u>Susi</u>
8:00 ~ 9:00pm	Basic/Intro	Randi
8:00 ~ 8:45pm	FREE Meditation	Peggy

Tuesday

6:00 ~ 7:00am	Sunrise Yoga	Randi
9:00 ~ 10:00am	Basic/Intro	Natasha
4:00 ~ 5:00pm	Flow	Susi
5:15 ~ 6:15pm	Basic/Intro	Tiffany
6:30 ~ 7:45pm	Hot Flow	Tammy

Wednesday

9:00 ~ 10:15am	Vin Yin	Stephanie H.
10:30 ~ 11:30am	Basic (with props)	Stephanie H.
2:00 ~ 3:00pm	Flow	Megan
5:15 ~ 6:15pm	Yin & Yang	Melissa
6:30 ~ 7:30pm	Basic/Intro Therapy	Karin
<u>6:30 ~ 7:45pm</u>	<u>Hot Flow</u>	<u>Katelyn</u>
8:00 ~ 9:30pm	Yin	Stephanie N.

Thursday

6:00 ~ 7:00am	Sunrise Yoga	Megan
9:00 ~ 10:00am	Basic/Intro	Tiffany
4:00 ~ 5:00pm	Flow	Megan
5:15 ~ 6:15pm	Agni Flow	Natasha
<u>5:15 ~ 6:15pm</u>	<u>Basic/Intro</u>	<u>Catherine</u>
6:30 ~ 7:45pm	Hot Flow	Susi
<u>6:30 ~ 7:45pm</u>	<u>AIReal Yoga™</u>	<u>Tammy</u>
8:00 ~ 9:00pm	Candlelight Yoga	Natasha

Friday

9:00 ~ 10:15am	Flow	Peggy
10:30 ~ 11:30am	Basic/Intro	Natasha
5:00 ~ 6:00pm	Basic/Intro	Taylor
6:15 ~ 7:15pm	Flow	Harley

Saturday

8:30 ~ 9:45am	Hot Flow	Tammy
<u>9:00 ~ 10:00am</u>	<u>Yoga & Weights</u>	<u>Leah</u>
10:00 ~ 11:15am	Basic/Intro Therapy	Karin
<u>10:15 ~ 11:30am</u>	<u>AIReal Yoga™</u>	<u>Tammy</u>
11:30 ~ 12:30pm	Flow	Megan

Sunday

10:30 ~ 12:00pm	Ashtanga Short Form	Tammy
4:45 ~ 5:45pm	Basic/Intro	Kristina
6:00 ~ 7:00pm	Yin & Yang	Taylor
<u>6:00 ~ 7:15pm</u>	<u>AIReal Yoga™</u>	<u>Tammy</u>



Book instantly from your phone



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