



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 ~ 10:00am Basic/Intro Catherine

10:15 ~ 11:30am Yin & Yang Catherine

5:15 ~ 6:15pm Flow Victoria

5:15 ~ 6:15pm Yin Peggy

6:30 ~ 7:45pm Hot Flow Natasha

6:30 ~ 7:45pm AIReal Yoga™ Intro Peggy

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

5:30 ~ 6:30pm AIReal Yoga™ Susi

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.

5:15 ~ 6:15pm Yin & Yang Melissa

5:15 ~ 6:15pm Flow Stephanie N.

6:30 ~ 7:30pm Basic/Intro Therapy Karin

6:30 ~ 7:45pm Hot Flow Katelyn

8:00 ~ 9:30pm Yin Stephanie N.

Thursday

6:00 ~ 7:00am Sunrise Yoga Randi

9:00 ~ 10:00am Basic/Intro Tiffany

4:00 ~ 5:00pm Flow Megan

5:15 ~ 6:15pm Agni Flow Natasha

5:15 ~ 6:15pm Basic/Intro Catherine

6:30 ~ 7:45pm Hot Flow Susi

6:30 ~ 7:45pm AIReal Yoga™ Tammy

8:00 ~ 9:00pm Candlelight Yoga Natasha

Friday

9:00 ~ 10:00am Basic/Intro Natasha

9:00 ~ 10:15am Flow Peggy

5:00 ~ 6:00pm Basic/Intro Catherine

6:15 ~ 7:15pm Flow Harley

Saturday

8:30 ~ 9:45am Hot Flow Tammy

9:00 ~ 10:00am Yoga & Weights Leah

10:00 ~ 11:15am Basic/Intro Catherine

10:15 ~ 11:30am AIReal Yoga™ Tammy

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

6:00 ~ 7:15pm AIReal Yoga™ Tammy

Two years in a row BEST YOGA STUDIO!



Search: "White Lotus Healing & Yoga" on Facebook!



Updated 9/9/19