



SCHEDULE OF CLASSES

Registration is required for all classes on Mindbody. Walk-ins are not welcome at this time due to limited space.

Monday

9:00 ~ 10:15am Basic/Intro Catherine

4:00 ~ 5:00pm **Hot Flow** Susi

5:15 ~ 6:15pm Flow Carrie

6:30 ~ 7:30pm Yoga & Weights Leah

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

8:00 ~ 9:00pm Basic/Intro Kaila

Tuesday

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

4:00 ~ 5:00pm Flow Shelby

5:15 ~ 6:15pm Gentle Basic Peggy

6:30 ~ 7:45pm **Hot Flow** Tammy

Wednesday

10:00 ~ 11:00am Slow Flow Susi

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

6:30 ~ 7:30pm Basic/Intro Randi

6:30 ~ 7:45pm AIReal Yoga™ Susi

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

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Black for Large Room -Blue for Small Room

Thursday

9:00 ~ 10:00am Gentle Basic Peggy

5:15 ~ 6:15pm Agni Flow Natasha

6:30 ~ 7:30pm Candlelight Yoga Natasha

6:30 ~ 7:45pm Strength Training AIReal Tammy

8:00 ~ 9:00pm Basic/Intro Madison

Friday

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

10:15 ~ 11:30am Flow Peggy

6:30 ~ 7:30pm Basic/Intro Kaila

Saturday

8:30 ~ 9:45am **Hot Flow** Tammy

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

10:15 ~ 11:30am Strength Training AIReal Tammy

11:30 ~ 12:30pm Flow Carrie

Sunday

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

10:30 ~ 12:00pm Ashtanga Short Form Tammy

6:00 ~ 7:00pm Yin & Yang Taylor

6:00 ~ 7:15pm Strength Training AIReal Tammy



Book instantly from your phone



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