



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

5:15 ~ 6:15pm Flow Carrie

6:30 ~ 7:30pm Slow Flow Natasha

[6:30 ~ 7:45pm Intro into AIReal Yoga™ Susi](#)

6:30 ~ 7:30pm Free Outdoor Yoga Peggy

8:00 ~ 9:00pm Yin Kaila

### Tuesday

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

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 Yoga & Weights Leah

[6:30 ~ 7:45pm AIReal Yoga™ Susi](#)

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

### Thursday

9:00 ~ 10:00am Gentle Basic Peggy

5:15 ~ 6:15pm Flow Susi

6:30 ~ 7:45pm Candlelight Yin Natasha

[6:30 ~ 7:45pm Strength Training AIReal Tammy](#)

### 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 Therapeutic Release 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 Kat

[6:00 ~ 7:15pm Strength Training AIReal Tammy](#)



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