



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	Kat
5:15 ~ 6:15pm	Flow	Carrie
6:30 ~ 7:30pm	Slow Flow	Katie
<u>6:30 ~ 7:45pm</u>	<u>Intro into AIReal Yoga™</u>	<u>Meghan</u>
8:00 ~ 9:00pm	Yin	Kaila

### Tuesday

9:00 ~ 10:00am	Basic/Intro	Julie
12:00 ~ 1:00pm	Yin & Yang	Leslie
5:15 ~ 6:15pm	Slow Flow	Stephanie
5:15 ~ 6:15pm	Gentle Basic	Peggy
<u>6:30 ~ 7:45pm</u>	<u>AIReal Yin Yoga™</u>	<u>Kat</u>
6:30 ~ 7:45pm	<u>Hot Flow</u>	Tammy

### Wednesday

9:00 ~ 10:00am	Basic/Intro	Kat
5:15 ~ 6:15pm	Yin & Yang	Julie
6:30 ~ 7:45pm	<u>Hot Flow</u>	Alexandra
<u>6:30 ~ 7:45pm</u>	<u>AIReal Yoga™</u>	<u>Meghan</u>
8:00 ~ 9:30pm	Yin	Stephanie N.

### Thursday

9:00 ~ 10:00am	Gentle Basic	Peggy
<u>9:00 ~ 10:15am</u>	<u>AIReal Yin Yoga™</u>	<u>Kat</u>
10:30 ~ 11:30am	Chair Yoga	Diana
12:00 ~ 1:00pm	Yin & Yang	Leslie
5:15 ~ 6:15pm	Flow	Emma
5:15 ~ 6:15pm	Free Flow	Taylor
6:30 ~ 7:30pm	Candlelight Yin	Kaila
<u>6:30 ~ 7:30pm</u>	<u>Yoga &amp; Weights</u>	<u>Leah</u>

### Friday

9:00 ~ 10:00am	Basic/Intro	Julie
6:30 ~ 7:30pm	Basic/Intro	Kaila

### Saturday

8:30 ~ 9:45am	<u>Hot Flow</u>	Tammy
10:00 ~ 11:15am	Basic Therapy	Taylor
<u>10:15 ~ 11:30am</u>	<u>Strength Training AIReal</u>	<u>Tammy</u>
11:30 ~ 12:30pm	Flow	Alexandra

### Sunday

9:00 ~ 10:00am	Yoga & Weights	Leah
10:30 ~ 12:00pm	Ashtanga Short Form	Tammy
6:00 ~ 7:00pm	Mindfulness Yin	Meghan
<u>6:00 ~ 7:15pm</u>	<u>Strength Training AIReal</u>	<u>Tammy</u>



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Updated 11/1/22