



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
6:30 ~ 7:45pm Intro into AIReal Yoga™ Meghan

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
6:30 ~ 7:45pm AIReal Yin Yoga™ Kat
6:30 ~ 7:45pm Hot Flow Tammy

Wednesday

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

Thursday

9:00 ~ 10:00am Gentle Basic Peggy
9:00 ~ 10:15am AIReal Yin Yoga™ Kat
 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 Natasha
6:30 ~ 7:30pm Yoga & Weights Leah

Friday

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

Saturday

8:30 ~ 9:45am Hot Flow Tammy
 10:00 ~ 11:15am Basic Therapy Taylor
10:15 ~ 11:30am Strength Training AIReal Tammy
 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
6:00 ~ 7:15pm Strength Training AIReal Tammy



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

Updated 12/1/22