



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	Natasha
6:30 ~ 7:30pm	FREE Outdoor at the Library	Peggy
<u>6:30 ~ 7:45pm</u>	<u>Intro into Aerial Yoga</u>	<u>Carrie</u>
8:00 ~ 9:30pm	Yin	Catherine

Tuesday

9:00 ~ 10:00am	Basic/Intro	Julie
<u>5:15 ~ 6:15pm</u>	<u>Slow Flow</u>	<u>Stephanie</u>
5:15 ~ 6:15pm	Gentle Basic	Peggy
6:30 ~ 7:45pm	<u>Hot Flow</u>	Tammy
6:30 ~ 7:30pm	FREE Community Yoga	Peggy
7:45 ~ 8:15pm	FREE Guided Meditation	Peggy

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>Aerial Yoga</u>	<u>Meghan</u>
8:00 ~ 9:30pm	Yin	Stephanie

Thursday

9:00 ~ 10:00am	Gentle Basic	Peggy
<u>9:00 ~ 10:15am</u>	<u>Slow Flow</u>	<u>Kat</u>
10:30 ~ 11:30am	Chair Yoga	Diana
5:15 ~ 6:15pm	Flow	Emma
6:30 ~ 7:30pm	Candlelight Yin	Natasha
<u>6:30 ~ 7:30pm</u>	<u>Yoga & 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 ~ 11:00am	Basic / Intro	Diana
<u>10:15 ~ 11:30am</u>	<u>Strength Training Aerial</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	Candlelight Yin	Meghan
<u>6:00 ~ 7:15pm</u>	<u>Strength Training Aerial</u>	<u>Tammy</u>



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

Updated 5/18/23