SCAN ME!

SCHEDULE OF CLASSES

White Lotus Yoga

65959 Van Dyke, Washington, MI
https://whitelotusyoga.net/ 586-752-2700
Black for Large Room -Blue for Small Room

Monday

9:00 ~ 10:00am	Basic/Intro 🧘	Anna
5:15 ~ 6:15pm	Flow ❤️	Carrie
6:30 ~ 7:30pm	Yin 🌸	Tina
6:30 ~ 7:45pm	Intro into Aerial Yoga 🧘	Carrie

Tuesday

9:00 ~ 10:00am	Basic/Intro 🧘	Julie
5:15 ~ 6:15pm	Basic/Intro 🧘	Carrie
6:30 ~ 7:45pm	Hot Flow 🔥	Carrie

Wednesdays

9:00 ~ 10:00am	Basic/Intro 🧘	Margaret
10:30 ~ 11:30am	Gentle Yoga 🌸	Anna
5:15 ~ 6:15pm	Rest & Restore 🌸	Erica
6:30 ~ 7:45pm	Slow Flow ❤️	Eva
6:30 ~ 7:30pm	Hot Flow 🔥	Erica

Class Levels:
🌸 All Levels – Including Beginners
🧘 Beginners
❤️ Intermediate
🔥 Advanced - Intermediate

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Thursday

9:00 ~ 10:00am	Flow 🌸	Anna
5:15 ~ 6:15pm	Flow ❤️	Kayley
5:15 ~ 6:15pm	Slow Flow 🌸	Stephanie
6:30 ~ 7:30pm	Candlelight Yin 🌸	Stephanie

Friday

9:00 ~ 10:00am	Basic/Into 🧘	Julie

FRIDAY EVENING RESERVED FOR WORKSHOPS

Saturday

8:30 ~ 9:45am	Hot Flow 🔥	Alexandra
10:00 ~ 11:15am	Strength & Stretch Aerial 🌸	Lindsi
10:00 ~ 11:15am	Yin & Yang 🧘	Eva
11:30 ~ 12:30pm	Flow ❤️	Alexandra

Sunday

9:00 ~ 10:00am	Yoga & Weights 🔥	Leah
6:00 ~ 7:00pm	Candlelight Yin 🌸	Anna

Follow us on Instagram

@WHITELOTUSYOGASTUDIO

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