

# *Physical Classes*

ASANA SCHEDULE - JANUARY 2021

DAY	TIME/ASANA	INSTRUCTOR/FORMAT
M	9-10am/Mat Cardio & Core 10:15-11:15am/Barre 1-1:30pm/Mat Pilates	Shanna/In Studio & Online Shanna/In Studio & Online Shanna/In Studio & Online
T	9-10am/Slow Power Flow 10:15-11:15am/60+ Yoga 6pm/Power Flow Yoga	Shanna/In Studio & Online Shanna/In Studio & Online Kylie/In Studio & Online
W	9-10am/Vin-Yin Yoga 10:15-11:45am/Barre *2nd W/month/Workshop	Shanna/In Studio & Online Shanna/In Studio & Online *Alternating Instructors TBA
TH	9am/Slow Power Flow 10:15am/60+ Yoga 6pm/Vin-Yin Yoga	Shanna/In Studio & Online Shanna/In Studio & Online Kylie/In Studio & Online
F	8-8:45am/Restore Yoga 9-10am/Mat Cardio & Core 10:15-11am/Deep Stretch	Rusty/In Studio & Online Shanna/In Studio & Online Shanna/In Studio & Online
S	10-11:15am/Power Yoga	Shanna OR Kylie/In Studio & Online
SU	*2nd Sun @10am Yoga Church/Biblically Based	Shanna/In Studio at Offsite Studio

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