*Quite a Stretch Yoga & Zumba®*



January 4 – April 3, 2022 *No classes with Sheilah:*

*Jan 31, Feb1-2, 21, March 6-7*

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| **SUNSDAY****FUN DAY** | **MOTIVATION MONDAY** | **TIME OUT TUESDAY**  | **WELLNESS WEDNESDAY** | **THOUGHTFUL THURSDAY** |  **Fri-YAY** |  **SATURDAY**  **SHOUT OUT** |
| **1:00-2pm Yoga for Warriors****(8 Week Program)****2:00-7:00pm****Yoga Nidra Training** | **9:00-10:00am****Beginner Yoga****12:00 – 1:00pm****Hatha Yoga****5:00-6:00pm****Yin Yoga**  | **9:00-10:00am****Deep Stretch****10:30-11:30am****Triple M** **5:00-6:00pm****Yoga Nidra** | **9:00-10:00am****Yoga Nidra****5:00-6:00pm****Deep Stretch****7:00 – 8:00 pm****Zumba** | **9:00-10:00am****Yogi’s choice****7:00-8:00pm** **Danze Beatz** | **9:00– 10:00am****Yin Yoga** | 9:15-10:00amKids Yoga ONLINE8 week program10:00-6:00pmTeacher Training  |
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