

HUMMINGBIRD STUDIO

NOVEMBER 2018

Sunday

9:30-10:30 am Heated Flow Rotate (Izzy/Christine/Ruth) *(starts Nov. 11)

2:00-3:00 pm Restorative/Soundbath Tracy/Ruth *Nov. 4

Monday

9:00-10:15 am Heated ABC Ruth
4:30-5:30 pm HIIT/Power Yoga Ruth
6:00-7:15 pm Hot Fusion Emily

Tuesday

6:30-7:45 pm Heated Vinyasa Bria
7:45-8:00 pm Guided Meditation Bria

Wednesday

6:30-7:30 am Power Hour Angie
6:30-7:30 pm Hot Yoga/Winter Athlete Ruth *(starts Nov. 14)
7:00-8:30 pm New Moon Circle \$15.00 Bria/Christine/Taryn *(Nov. 7)

Thursday

7:00-8:00 am Heated Flow Bria
4:30-5:30 pm Warm Vinyasa Level 1-2 Emily
6:30-7:30 pm Restorative Izzy

Friday

9:00-10:15 am Hot Power Yoga Ruth
5:30-6:30 pm Heated Flow *\$5.00 Rotate (Bria/Emily/Christine/Angie)

Saturday

8:15-9:15 am YogaMammas Jen
9:30-10:30 am Heated Flow Christine

Red: Hot Yoga

Green: Heated Yoga

Purple: Warm Yoga

Blue: Restorative