

# ❄️ HAMSA YOGA WINTER SCHEDULE 2018 ❄️

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00-7:00 HOT FLOW Robyn			8:30-9:30 HOT YOGA PILATES Robyn	
9:30-10:30 GENTLE HATHA* Erin	9:30-10:30 STRETCH & UNWIND* Erin	9:30-10:30 GENTLE HATHA* Perry	9:30-10:30 STRETCH + UNWIND* Andrea	9:30-10:30 GENTLE HATHA* Andrea	9:00-10:00 YOGA 101* Tiffany	9:30-10:30 WARM RISE + Melt* Carey
12:00-1:00 HOT FLOW Andrea	12:00-1:00 BEGINNER SERIES* (Jan 12-30) Tiffany	12:00-1:00 COZY YIN * Tiffany		12:00-1:00 BEGINNER SERIES* (Jan 12-30) Tiffany	10:30-11:30 WARM FLOW* Kat + 10:30-11:30 KIDS YOGA Andrea/Carey	Check out our workshops!
5:00-6:00 HATHA MIX* Monica	5:30-6:30 AROMA FLOW* Meghan	6:00-7:00 HATHA MIX* Tiffany	5:30-6:30 FLOW + GLOW Cara	5:30-6:30 BEATS + BLISS Stephanie		
6:30-7:30 HOT FLOW Andrea	6:00-7:00 HOT FLOW Kristine	6:00-7:00 HOT FLOW Stephanie	6:00-7:00 WARM STRETCH + RESTORE* Monica	Check out our workshops!	*Suitable for beginners	
7:00-8:00 STRETCH + UNWIND* Carey	7:00-8:00 PRENATAL SERIES (Jan 16-Mar 8) Emily	7:30-8:30 WARM FLOW* Stephanie + 7:30-8:30 TEEN MEDITATION SERIES* (Jan 10-31) Carey	7:30-8:15 ADULT MEDITATION SERIES* (Feb 1-Mar 8) Carey	<b>WINTER SCHEDULE FOR January 2-February 28, 2018</b>  <b>STUDIO HOLIDAYS January 1 New Years Day February 19 Family Day</b>		