



JANUARY 2018

Windhorse Yoga Studio



www.WindhorseYogaStudio.com
 903-592-9642

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
DECEMBER 31 CLOSED	JANUARY 1, 2018 CLOSED <i>HAPPY NEW YEAR!</i>	JANUARY 2 10:30 a.m. Yoga - Alex	3 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow -Alex 6:00 p.m. Beginner's - Susan	4 10:30 a.m. Yoga - Alex ➔ 4:30 p.m. Barre - Ryann 6:00 p.m. Yoga Light – Michelle	5 9:15 a.m. Barre - Ryann 10:30 a.m. Hatha - Ryann	6 10:30 a.m. Gentle -Michelle 1:00 p.m. Yin Yoga - Ryann	
7 10:30 a.m. Gentle - Michelle 12:00 p.m. -12:45 p.m. Intro to Meditation - Pat 4:00 p.m. Gentle - Alex	8 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow -Kathy 6:00 p.m. Gentle – Susan	9 10:30 a.m. Yoga - Beverly 4:30 p.m. *Yoga Flow+- Kathy 6:00 p.m. Gentle Yoga– Stephine	10 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow -Alex 6:00 p.m. Beginner's - Susan	11 10:30 a.m. Yoga - Beverly ➔ 4:30 p.m. Barre - Ryann 6:00 p.m. Yoga Light – Michelle	12 9:15 a.m. Barre - Ryann 10:30 a.m. Hatha - Ryann	13 10:30 a.m. Gentle - Hayden 1:00 p.m. Yin Yoga - Ryann	
14 10:30 a.m. Gentle - Kathy 12:00 p.m. -12:45 p.m. Meditation Sangha *- Pat 4:00 p.m. Gentle - Alex	15 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow - Kathy 6:00 p.m. Gentle – Susan	16 10:30 a.m. Yoga - Beverly 4:30 p.m. *Yoga Flow+- Kathy 6:00 p.m. Gentle Yoga –Michelle	17 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow - Alex 6:00 p.m. Beginner's - Susan	18 10:30 a.m. Yoga - Beverly ➔ 4:30 p.m. Barre - Ryann 6:00 p.m. Yoga Light – Michelle	19 9:15 a.m. Barre - Ryann 10:30 a.m. Hatha - Ryann	20 10:30 a.m. Gentle - Hayden 1:00 p.m. Yin Yoga - Ryann	
21 10:30 a.m. Gentle - Michelle 12:00 p.m. -12:45 p.m. Meditation Sangha *- Pat 4:00 p.m. Gentle - Alex	22 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow - Kathy 6:00 p.m. Gentle – Susan	23 10:30 a.m. Yoga - Beverly 4:30 p.m. *Yoga Flow+- Kathy 6:00 p.m. Gentle Yoga– Michelle	24 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow - Alex 6:00 p.m. Beginner's - Susan	25 10:30 a.m. Yoga - Beverly ➔ 4:30 p.m. Barre - Ryann 6:00 p.m. Yoga Light – Michelle	26 9:15 a.m. Barre - Ryann 10:30 a.m. Hatha - Ryann	27 10:30 a.m. Gentle - Hayden 1:00 p.m. Yin Yoga - Ryann	
28 10:30 a.m. Gentle - Kathy 4:00 p.m. Gentle - Alex	29 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow - Kathy 6:00 p.m. Gentle – Susan	30 10:30 a.m. Yoga - Beverly 4:30 p.m. *Yoga Flow+- Kathy 6:00 p.m. Gentle Yoga– Kathy	31 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow - Alex 6:00 p.m. Beginner's - Susan	<p>*Yoga Flow+-75 minutes.</p> <p>* Sangha - a community of friends practicing together.</p> <p>➔NEW - Thursdays @ 4:30 p.m. Barre class with Ryann!</p>			

Classes start at scheduled time & door is locked for safety.

\$5.00 walk-in rate for week-end classes!