



Online Zoom Yoga Classes

JANUARY 2021

SUN

MON

TUE

WED

THU

FRI

SAT

						1	2
3	4	5	6	7	8	9	
			10:00-11:00am Chair Yoga w/ Patti	3:30-4:30pm Yoga Nidra w/ Patti 6:30-7:30pm Yin Yoga w/ Brooke			
10	11	12	13	14	15	16	
	6:30-7:30pm Gentle Flow w/ Laura	10:00-11:00am Chair Yoga w/ Patti 12:00-12:45pm Yoga For The Core w/ Emily	12:00-12:45pm Lunchtime Flow w/ Laura	3:30-4:30pm Yoga Nidra w/ Patti 6:30-7:30pm Yin Yoga w/ Brooke			
17	18	19	20	21	22	23	
	6:30-7:30pm Gentle Flow w/ Laura	10:00-11:00am Chair Yoga w/ Patti 12:00-12:45pm Yoga For The Core w/ Emily	12:00-12:45pm Lunchtime Flow w/ Laura	3:30-4:30pm Yoga Nidra w/ Patti 6:30-7:30pm Yin Yoga w/ Brooke			
24	25	26	27	28	29	30 / 31	
	6:30-7:30pm Gentle Flow w/ Laura	10:00-11:00am Chair Yoga w/ Patti 12:00-12:45pm Yoga For The Core w/ Emily		3:30-4:30pm Yoga Nidra w/ Patti 6:30-7:30pm Yin Yoga w/ Brooke			

Sign Up Online at www.livebreatheinspire.com or Search Inspire Yoga Studio on Mindbody app