



Inspire Yoga Studio Schedule

APRIL 2021

SUN

MON

TUE

WED

THU

FRI

SAT

				1	2	3 10:00-11:00am Strength & Flow w/ Emily 11:30-12:30pm Aerial Yoga w/ Emily 1:00-2:00pm Restorative Yoga w/ Emily
4	5 6:30-7:30pm @ ZOOM All Levels Flow w/ Emily	6 10:00-11:00am @ ZOOM Chair Yoga w/ Emily 6:30-7:30pm Yoga Fundamentals w/ Riley	7 12:00-12:45pm Breath & Relaxation w/ Emily 5:30-6:30pm Aerial Yoga w/ Emily	8 1:30-2:30pm @ ZOOM Yoga Nidra w/ Catherine 6:30-7:30pm Candlelight Yin with Emily	9	10 10:00-11:00am Strength & Flow w/ Emily 11:30-12:30pm Aerial Yoga w/ Emily 1:00-2:00pm Restorative Yoga w/ Emily
11	12 6:30-7:30pm Wheel Yoga w/ Laura	13 10:00-11:00am @ ZOOM Chair Yoga w/ Catherine 6:30-7:30pm Yoga Fundamentals w/ Riley	14 12:00-12:45pm Breath & Relaxation w/ Emily 5:30-6:30pm Aerial Yoga w/ Emily	15	16	17 10:00-11:00am Strength & Flow w/ Laura 9:00-5:00pm Yoga Nidra CE Training
18 9:00-4:00pm Yoga Nidra CE Training	19 6:30-7:30pm All Levels Flow w/ Laura	20 10:00-11:00am @ ZOOM Chair Yoga w/ Patti 6:30-7:30pm Yoga Fundamentals w/ Riley	21 12:00-12:45pm Breath & Relaxation w/ Emily 5:30-6:30pm Aerial Yoga w/ Emily	22 1:30-2:30pm @ ZOOM Yoga Nidra w/ Catherine 6:30-7:30pm Candlelight Yin with Emily	23	24 10:00-11:00am Strength & Flow w/ Emily 11:30-12:30pm Aerial Yoga w/ Emily 1:00-2:00pm Restorative Yoga w/ Emily
25 9:00-4:00pm Yoga Nidra CE Training	26 6:30-7:30pm Wheel Yoga w/ Laura	27 10:00-11:00am @ ZOOM Chair Yoga w/ Catherine 6:30-7:30pm Yoga Fundamentals w/ Riley	28 12:00-12:45pm Breath & Relaxation w/ Emily 5:30-6:30pm Aerial Yoga w/ Emily	29	30	

Sign up on MindBody app or Visit www.livebreatheinspire.com