



Inspire Yoga Studio Schedule

JANUARY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
9	10	11	9:30-10:30am Aligned Yoga w/ Emily 12:00-12:45pm Aerial Yoga w/ Emily 1:15-2:00pm Restorative Yoga w/ Emily	12:00-12:45pm Yoga for the Core w/ Emily 1:15-2:00pm Chair Yoga w/ Emily 6:30-7:30pm Aerial Yoga w/ Emily	14	9:30-11:00am Functional Yoga Flow w/ Emily 12:00-1:00pm Aerial Yoga w/ Emily 1:30-2:30pm Restorative Yoga w/ Emily
16	7:00-8:00pm All Levels Flow w/ Laura	12:00-12:45pm @ Zoom Chair Yoga w/ Catherine 7:00-8:00pm Yoga Fundamentals w/ Riley	9:30-10:30am Aligned Yoga w/ Emily 12:00-12:45pm Aerial Yoga w/ Emily 1:15-2:00pm Restorative Yoga w/ Emily	12:00-12:45pm Yoga for the Core w/ Emily 1:15-2:00pm Chair Yoga w/ Emily 6:30-7:30pm Aerial Yoga w/ Emily	21	9:30-11:00am Functional Yoga Flow w/ Emily 12:00-1:00pm Aerial Yoga w/ Emily 1:30-2:30pm Restorative Yoga w/ Emily
23	7:00-8:00pm All Levels Flow w/ Laura	7:00-8:00pm Yoga Fundamentals w/ Riley	9:30-10:30am Aligned Yoga w/ Emily 12:00-12:45pm Aerial Yoga w/ Emily 1:15-2:00pm Restorative Yoga w/ Emily	12:00-12:45pm Yoga for the Core w/ Emily 1:15-2:00pm Chair Yoga w/ Emily 6:30-7:30pm Aerial Yoga w/ Emily	28	9:30-11:00am Functional Yoga Flow w/ Emily 12:00-1:00pm Aerial Yoga w/ Emily 1:30-2:30pm Restorative Yoga w/ Emily
30	7:00-8:00pm All Levels Flow w/ Laura					

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