














## Winter 2022

Boutique is open 30 minutes before and after class. Schedule is subject to change. Go to [www.awakenedyogastudio.com](http://www.awakenedyogastudio.com) for most up to date schedule.



FEEL FREE TO TAKE A PIC AND SAVE IT ON YOUR PHONE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00am IN-STUDIO & ONLINE Hot Power Flow 	9:00-10:00am IN-STUDIO & ONLINE Flow	8:15-9:15am IN-STUDIO & ONLINE Hot Flow	9:00-10:00am <b>IN-STUDIO ONLY</b> Hot Flow 	8:15-9:15am IN-STUDIO & ONLINE Flow	9:00-10:15am IN-STUDIO & ONLINE Hot Power Flow 	8:30-9:30am IN-STUDIO- & ONLINE Hot Flow 
10:30-11:30am IN-STUDIO & ONLINE Vin Yin		9:30-10:30 IN-STUDIO & ONLINE Flow Basics	9:30-10:30 IN-STUDIO & ONLINE Flow Basics	9:30-10:30 <b>IN-STUDIO ONLY</b> 26/2 Hot Yoga 		9:00-10:00am IN-STUDIO & ONLINE Slow Flow
10:30—11:30am IN-STUDIO Kids Aerial						10:00-11:00am <b>IN-STUDIO ONLY</b> Fusion Interval Training (lightly heated) 
	12:00-1:00pm IN-STUDIO- & ONLINE Flow		12:00—1:00pm IN-STUDIO & ONLINE Flow		12:00-1:00pm IN-STUDIO & ONLINE Flow	10:00—11:00am IN-STUDIO Kids Aerial
2:30-3:30 IN-STUDIO & ONLINE Slow Flow		5:00-6:00pm IN-STUDIO Kids Yoga				10:30-11:30 <b>IN-STUDIO ONLY</b> Yoga Conditioning and Recovery
4:00-5:00 pm <b>IN-STUDIO ONLY</b> Inferno Hot Pilates 	5:15- 6:15pm IN-STUDIO & ONLINE Flow Basics	5:00- 6:00pm IN-STUDIO & ONLINE Flow	5:15- 6:15pm IN-STUDIO & ONLINE 26/2 Hot Yoga 	5:00- 6:00pm IN-STUDIO & ONLINE-  Functional Flow (lightly heated)		11:30-12:30 <b>IN STUDIO ONLY</b> Flow
				6:00— 7:00pm IN-STUDIO & ONLINE Revive and Release		 <b>Indicates a heated in-studio class.</b>
	6:30-7:30pm IN-STUDIO & ONLINE  Hot Power Flow	6:30-7:30 pm <b>IN-STUDIO ONLY</b> Inferno Hot Pilates 	6:30-7:30pm <b>IN-STUDIO ONLY</b> Hot Power Flow 	6:30-7:30pm <b>IN-STUDIO ONLY</b> Hot Power Flow 