



JANUARY 2026

“FOCUS”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CLOSED	2 10AM AGNI FUSION 5:30PM YIN	3 10AM Namaste Yoga
4 10AM YIN 1PM REGENERATION Misty's Birthday!	5 5:30PM PROP It Like It's HOT 7PM MEDITATION	6 10AM HATHA 5:30PM HOT YOGA 7PM RUNWAY YOGA	7 10AM YIN-HATHA 5:30PM Beginner Yoga 7PM Neuro Yoga	8 10AM HATHA 11:30AM MEDITATION 5:30PM Heated Root2Rise 7PM Pt.1 Inner Reflection	9 10AM AGNI FUSION 5:30PM YIN 7PM Return to the Temples Meditation	10 10AM Namaste Yoga 1-5PM MYSTIC FAIR
11 10AM YIN 11:30AM TEAM MTG.	12 5:30PM PROP It Like It's HOT 7PM MEDITATION	13 10AM HATHA 5:30PM HOT YOGA 7PM BHAKTI YOGA	14 10AM YIN-HATHA 5:30PM Beginner Yoga 7PM Mental Health Yoga	15 10AM HATHA 11:30AM MEDITATION 5:30PM Heated Root2Rise 7PM RESTORATIVE	16 10AM AGNI FUSION 5:30PM Echoes of the Soul	17 10AM Namaste Yoga
18 10AM YIN	19 5:30PM Aquarius Sun Ceremony 7PM MEDITATION	20 10AM HATHA 5:30PM HOT YOGA 7PM STILLNESS & SOUND	21 10AM YIN-HATHA 5:30PM Beginner Yoga 7PM Meditation for Beginners	22 10AM HATHA 11:30AM MEDITATION 5:30PM Heated Root2Rise 7PM Pt.2 Outer Connection	23 10AM AGNI FUSION 5:30PM YIN	24 10AM Namaste Yoga
25 10AM YIN	26 5:30PM PROP It Like It's HOT 7PM MEDITATION	27 10AM HATHA 5:30PM HOT YOGA 7PM JUST BREATHE	28 10AM YIN-HATHA 5:30PM Beginner Yoga 7PM HEATED RESTORE Erin's Birthday!	29 10AM HATHA 11:30AM Meditation 5:30PM Heated Root2Rise 7PM RESTORATIVE	30 10AM AGNI FUSION 5:30PM YIN	31 10AM Namaste Yoga

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