



FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10AM Namaste Yoga
2 9:30AM YIN Yoga	3 6PM KIDS YOGA 6PM Yoga & Ramen 7PM Indigenous Drumming Meditation	4 9AM Hatha Yoga 5:30PM HOT YOGA	5 10AM CHAIR YOGA 6PM Yoga 101 6PM Restorative	6 9AM Hatha Yoga 6PM Slow Flow	7 10AM Fire Flow 5:30PM YIN Yoga	8 10AM Namaste Yoga
9 9:30AM YIN Yoga 11AM RASA Inner Engineering Group	10 6PM KIDS YOGA 6PM Yoga & Ramen 7PM Indigenous Drumming Meditation	11 9AM Hatha Yoga 5:30PM HOT YOGA 7PM TANTRA for Couples	12 10AM CHAIR YOGA 6PM Full Moon in Leo Ceremony	13 9AM Hatha Yoga 6PM Slow Flow	14 10AM Fire Flow 5:30PM Partner Yoga	15 10AM Namaste Yoga
16 9:30AM YIN Yoga 11AM Team Mtg.	17 6PM KIDS YOGA 6PM Yoga & Ramen 7PM Indigenous Drumming Meditation	18 9AM Hatha Yoga 5:30PM HOT YOGA 7PM TANTRA for Couples	19 10AM CHAIR YOGA 6PM Yoga 101 6PM Restorative	20 9AM Hatha Yoga 6PM Slow Flow	21 10AM Fire Flow 5:30PM YIN Yoga	22 10AM Namaste Yoga Laika's Bday!
23 9:30AM YIN Yoga	24 6PM KIDS YOGA 6PM Yoga & Ramen 7PM Indigenous Drumming Meditation	25 9AM Hatha Yoga 5:30PM HOT YOGA 7PM TANTRA for Couples	26 10AM CHAIR YOGA 6PM New Moon in Pisces Ceremony	27 9AM Hatha Yoga 6PM Slow Flow	28 10AM Fire Flow 5:30PM YIN Yoga	

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