

<u>Monday</u>	<u>Classes</u>	<u>Instructor</u>
9:30-10:45 am	Align & Flow	Shannon
12:15-1:00 pm	\$6 Express Yoga	Michelle
4:30-5:45 pm	Align & Flow Yoga	Sam
6:15-7:30 pm	Hot Power Flow Yoga *Level 2	Debi
<u>Tuesday</u>	<u>Classes</u>	<u>Instructor</u>
9:00-10:15 AM	Iyengar Yoga	Chet
4:30-5:45 pm	Flow Yoga	Debi
6:15-7:30 pm	Align & Flow	Shannon
7:45-9:00 pm	Slow Flow	Melanie
<u>Wednesday</u>	<u>Classes</u>	<u>Instructor</u>
9:30-11:00 am	Align & Flow	Shannon
12:15-1:00 pm	\$6 Express Yoga	Debi
4:30-5:45 pm	Yoga Basics	Shannon
6:15-7:30 pm	Hot Power Flow Yoga *Level 2	Debi
<u>Thursday</u>	<u>Classes</u>	<u>Instructor</u>
6:00 – 7:00 am	Flow Yoga	Janette
9:30-10:45 am	Power Flow	Debi
4:30-5:45 pm	Power Flow	SJ
6:15-7:30 pm	Align & Flow	Henry
8:00-9:00 pm	Power Hour Yoga *New Class	Miranda
<u>Friday</u>	<u>Classes</u>	<u>Instructor</u>
9:00-10:15 AM	Iyengar Yoga	Chet
12:15-1:00 pm	\$6 Express Yoga	Michelle
3:30-4:15 pm	Yoga Sprouts	Rachel
4:30-5:45 pm	Flow Yoga	Debi
<u>Saturday</u>	<u>Classes</u>	<u>Instructor</u>
9:00-10:15 am	Hot Power Flow Yoga	Michele B.
<u>Sunday</u>	<u>Classes</u>	<u>Instructor</u>
1:00-1:45 pm	Yoga Sprouts	Rachel
4:00-5:30 pm	Align & Flow YOga	Henry
6:00-7:15	Power Flow Yoga	SJ

FEBRUARY SPECIAL EVENTS :

See [web site](#) for details. Sign up online or call 706-355-3114

- **From the Known to the Unknown – Using Anusara to Experience Heart & Spirit with Christina Sell** - 4 Class Workshop, April 13-15, Early bird price \$150, pay by April 1st, After April 1st pay \$165
- See Website under “Workshops & Events” for more details

Special Class Rate Offers!:

- **NEW students! 5 classes for \$30**
Pass must be purchased on your 1st visit – good for 2 weeks
- 1st Class: \$5 (Excludes Workshops, Limit One Time Use).
- Drop-ins: \$12 -Regular Classes
- 5 Class Card: \$50 – Regular Classes
- 10 Class Card: \$90 – Regular Classes
- Lunch Time Express Yoga: \$6

Earn A FREE CLASS: if a friend you refer buys a class card!

*** 5 Points Yoga Offering Training Workshops! [See web site for details!](#)**