

HUMMINGBIRD YOGA

MARCH 2020 SCHEDULE CLASSES/EVENTS

SUNDAY

9:30 - 10:45 am
Heated Flow/Restorative
Leah or McKenzie

MONDAY

9:00 - 10:15 am
Yoga Fundamentals
Alignment/Balance/Core
Ruth or Connie

5:30 - 6:45 pm
Hot Sweat + Soul
Christine

TUESDAY

8:45 - 10:00 am
Warm Power Flow
Miranda

5:30 - 7:00 pm
SOMA
Breathwork Meditation
Carolyn

WEDNESDAY

8:45 - 10:00 am
Warm Hatha Yoga
McKenzie

4:30-5:45 pm
Heated Forrest
Leah

7:00 - 8:30 pm March 4 & 18
Yogi Book Club
Ruth

THURSDAY

8:45 - 10:00 am
Warm Power Flow
Miranda

6:45 - 8:00 pm
Candlelight Vinyasa (warm)
Bria

FRIDAY

9:00 - 10:15 am
Hot Yoga Sculpt
Ruth

5:30 - 6:30 pm
Community Heated Flow
\$5.00 class
Instructors Rotate

SATURDAY

9:00 - 10:15 am
Heated Flow
Jen or Christine

MARCH EVENTS

*Sunday Spa Day, 3:00-5:30 pm, March 22
T.V. Yoga Instructor Continuing Ed. 6:00-7:30 pm, Ruth
*Yogi Book Club, 2 Weds./month, 7-8:30 pm, Ruth
Private & Semi-Private Classes, Book with Ruth

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208-317-0994, Ruth Graupner