

MARCH 2020 Schedule

HUMMINGBIRD YOGA STUDIO, 47 S. Main St. Driggs, ID

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 9:30-10:45 am Heated Flow/ Restorative Leah</p>	<p>2 9:00-10:15 am Fundamentals Alignment Balance Core Ruth</p> <p>5:30-6:45 pm Hot Sweat + Soul Ruth</p>	<p>3 8:45-10:00 am Warm Power Flow Miranda</p> <p>5:30-7:00 pm SOMA Breathwork Meditation Carolyn</p>	<p>4 8:45-10:00 am Warm Hatha Yoga McKenzie</p> <p>4:30-5:45 pm Heated Forrest Leah</p> <p>Yogi Book Club 7:00-8:30 pm Ruth</p>	<p>5 8:45-10:00 am Warm Power Flow Miranda</p> <p>6:45-8:00 pm Candlelight Vinyasa (warm) Bria</p>	<p>6 9:00-10:15 am Hot Yoga Sculpt Ruth</p> <p>5:30-6:30 pm SOMA Breathwork \$5 Class Carolyn</p>	<p>7 9:00-10:15 am Heated Flow Jen</p>
<p>8 9:30-10:45 am Heated Flow/ Restorative McKenzie</p>	<p>9 9:00-10:15 am Fundamentals Alignment Balance Core Miranda</p> <p>5:30-6:45 pm Hot Sweat + Soul Ruth</p>	<p>10 8:45-10:00 am Warm Power Flow Miranda</p> <p>5:30-7:00 pm SOMA Breathwork Meditation Carolyn</p>	<p>11 8:45-10:00 am Warm Hatha Yoga McKenzie</p> <p>4:30-5:45 pm Heated Forrest Leah</p>	<p>12 8:45-10:00 am Warm Power Flow Miranda</p> <p>6:45-8:00 pm Candlelight Vinyasa (warm) Christine</p>	<p>13 9:00-10:15 am Hot Yoga Sculpt Ruth</p> <p>5:30-6:30 pm Heated Flow \$5 Class Christine</p>	<p>14 9:00-10:15 am Heated Flow Jen</p>
<p>15 9:30-10:45 am Heated Flow/ Restorative Leah</p>	<p>16 9:00-10:15 am Fundamentals Alignment Balance Core Ruth</p> <p>5:30-6:45 pm Hot Sweat + Soul Christine</p>	<p>17 8:45-10:00 am Warm Power Flow Miranda</p> <p>5:30-7:00 pm SOMA Breathwork Meditation Carolyn</p>	<p>18 8:45-10:00 am Warm Hatha Yoga McKenzie</p> <p>4:30-5:45 pm Heated Forrest Leah</p> <p>Yogi Book Club 7:00-8:30 pm Ruth</p>	<p>19 8:45-10:00 am Warm Power Flow Miranda</p> <p>Private Event "Hodge Podge" 5:30-8:00 pm Ruth</p>	<p>20 9:00-10:15 am Hot Yoga Sculpt Ruth</p> <p>5:30-6:30 pm Warm power flow \$5 Class Miranda</p>	<p>21 9:00-10:15 am Heated Flow Christine</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 9:30-10:45 am Heated Flow/ Restorative McKenzie <u>Sunday Spa</u> <u>Day</u> 3:00-5:30 pm Guest Speaker: Emme Monique Teton Valley Yoga Instructor Continuing Ed. 6:00-7:30 pm Ruth	23 9:00-10:15 am Fundamentals Alignment Balance Core Ruth 5:30-6:45 pm Hot Sweat + Soul Christine	24 8:45-10:00 am Warm Power Flow Miranda 5:30-7:00 pm SOMA Breathwork Meditation Carolyn	25 8:45-10:00 am Warm Hatha Yoga McKenzie 4:30-5:45 pm Heated Forrest Leah	26 8:45-10:00 am Warm Power Flow Miranda 6:45-8:00 pm Candlelight Vinyasa (warm) Bria	27 9:00-10:15 am Hot Yoga Sculpt Ruth 5:30-6:30 pm Heated Flow \$5 Class Christine	28 9:00-10:15 Heated Flow Christine

29 9:30-10:45 am Heated Flow/ Restorative Leah	30 9:00-10:15 am Fundamentals Alignment Balance Core Connie 5:30-6:45 pm Hot Sweat + Soul Christine	31 8:45-10:00 am Warm Power Flow Miranda 5:30-7:00 pm SOMA Breathwork Meditation Carolyn	April 1 8:45-10:00 am Warm Hatha Yoga McKenzie 4:30-5:45 pm Heated Forrest Leah	April 2 8:45-10:00 am Warm Power Flow Miranda 6:45-8:00 pm Candlelight Vinyasa (warm) Bria	April 3 9:00-10:15 am Hot Yoga Sculpt Christine 5:30-6:30 pm Heated Flow \$5 Class Devin	April 4 9:00-10:15 Heated Flow Jen
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Drop In Class Prices: \$15 Adults Teens \$7.50 Kids \$5.00

Punch Card Prices:

5 class punch card \$70. 10 class punch card \$130.

15 class punch card \$180. 20 class punch card \$220.

You can find us on [fb](#), [IG](#), & www.1hummingbirdyoga.com Phone: 208-317-0994

Payments via: Cash, Check, Credit Card, Venmo - Ruth Graupner, Hummingbird-Yoga

Warm 80'-85'F Heated 86'-92'F Hot 95'-100'F and 50% H. HOT 60/90 105'F, 50% H.

