

HIPPIE Yoga

As of January 2025

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Techer</u>
Monday	9:00 AM	Take it Easy	April
	10:30 AM	Hippie Basics	April
	4:30 PM	Peace, Love and a Healthy Back	Julie
	6:00 PM	Hippie Basics	Julie
	7:30 PM	Hippie Strength	Julie
Tuesday	9:00 AM	Groovy Flow	April
	10:30 AM	Take it Easy	April
	6:00 PM	Peace, Love and a Healthy Back	Ivy
	7:30 PM	Peace Frog	Ivy
Wednesday	9:00 AM	Hippie Strength	Monica
	10:30 AM	Peace, Love and a Healthy Back	Monica
	4:30 PM	Hippie Basics	Sarah
	6:00 PM	Groovy Flow	April
	7:30 PM	Peace Out	April
Thursday	9:00 AM	Hippie Basics	Sarah
	10:30 AM	Peace, Love and a Healthy Back	Sarah
	6:00 PM	Hippie Strength	Julie
	7:30 PM	Peace, Love and a Healthy Back	Julie
Friday	9:00 AM	Peace Frog	April
	10:30 AM	Groovy Flow	April
Saturday	9:00 AM	Peace, Love and a Healthy Back	Stephanie
	10:30 AM	Groovy Flow	Stephanie
Sunday	9:00 AM	Hippie Basics	Mistie
	10:30 AM	Take it Easy	Mistie
	7:00 PM	Peace Frog	Jocelyn



You must register in advance as space is limited

www.myhippieyoga.com