

YOGA @ 310 WELLNESS SCHEDULE

Book Classes at www.heathermcdermidyoga.com

JANUARY

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|--|---|--|--|
| <p>5 <u>7:00 - 8:00 pm</u> Luminous Stretch with Ness</p> | <p>6 <u>5:00 - 6:00 pm</u> Vinyasa Flow</p> <p><u>7:30 - 9:00 pm</u> Relax & Renew with Heather</p> | <p>7 <u>9:30 - 10:45 AM</u> Mindful Movement <u>11:30 - 12:30 PM</u> Yoga Essentials <u>5:00 - 6:00 PM</u> Empowered Core <u>7:30 - 8:45 PM</u> Luminous Yin-Ness</p> | <p>8 <u>6:30 - 8:00 PM</u> LightBody Awakening with Carla</p> | <p>9 <u>9:30 - 10:45 AM</u> Rise & Shine Yoga with Heather</p> <p><u>7:30 - 9:00 PM</u> Restorative Yin Yoga with Heather</p> | <p>10</p> | <p>11 <u>9:30 - 10:45 AM</u> Foundational Flow (Beginners) with Angela</p> |
| <p>12 <u>7:00 - 8:00 pm</u> Luminous Stretch with Ness</p> | <p>13 <u>9:00 - 12 pm YTT</u></p> <p><u>5:00 - 6:00 pm</u> Vinyasa Flow <u>7:30 - 9:00 pm</u> Relax & Renew with Heather</p> | <p>14 <u>9:30 - 10:45 AM</u> Mindful Movement <u>5:00 - 6:00 PM</u> Empowered Core <u>7:30 - 8:45 PM</u> Luminous Yin-Ness</p> | <p>15 <u>6:30 - 8:00 PM</u> LightBody Awakening with Carla</p> | <p>16 <u>9:30 - 10:45 AM</u> Rise & Shine Yoga <u>11:00 - 12:00 PM</u> Baby Yoga <u>7:30 - 9:00 PM</u> Restorative Yin Yoga with Heather</p> | <p>17</p> | <p>18 <u>9:30 - 10:45 AM</u> Foundational Flow (Beginners) with Angela</p> |
| <p>19 <u>7:00 - 8:00 pm</u> Luminous Stretch with Ness</p> | <p>20 <u>9:00 - 12 pm YTT</u></p> <p><u>5:00 - 6:00 pm</u> Vinyasa Flow <u>7:30 - 9:00 pm</u> Relax & Renew with Heather</p> | <p>21 <u>9:30 - 10:45 AM</u> Mindful Movement <u>5:00 - 6:00 PM</u> Empowered Core <u>7:30 - 8:45 PM</u> Luminous Yin-Ness</p> | <p>22 <u>6:30 - 8:00 PM</u> LightBody Awakening with Carla</p> | <p>23 <u>9:30 - 10:45 AM</u> Rise & Shine Yoga with Heather <u>11:00 - 12:00 PM</u> Baby Yoga <u>7:30 - 9:00 PM</u> Restorative Yin Yoga with Heather</p> | <p>24 <u>7:00 - 9:00 PM</u> Ecstatic Dance: Osho Kundalini Meditation Experience</p> | <p>25 <u>9:30 - 10:45 AM</u> Foundational Flow (Beginners) with Angela</p> |
| <p>26 <u>7:00 - 8:00 pm</u> Luminous Stretch with Ness</p> | <p>27 <u>9:00 - 12 pm YTT</u></p> <p><u>5:00 - 6:00 pm</u> Vinyasa Flow <u>7:30 - 9:00 pm</u> Relax & Renew with Heather</p> | <p>28 <u>9:30 - 10:45 AM</u> Mindful Movement <u>5:00 - 6:00 PM</u> Empowered Core <u>7:30 - 8:45 PM</u> Luminous Yin-Ness</p> | <p>29 <u>11:30 - 12:30 PM</u> Grounded & Grateful <u>6:30 - 8:00 PM</u> LightBody Awakening with Carla</p> | <p>30 <u>9:30 - 10:45 AM</u> Rise & Shine Yoga with Heather <u>11:00 - 12:00 PM</u> Baby Yoga <u>7:30 - 9:00 PM</u> Restorative Yin Yoga with Heather</p> | <p>31</p> | |