

# YOGA @ 310 WELLNESS SCHEDULE

Book Classes at [www.heathermcdermidyoga.com](http://www.heathermcdermidyoga.com)

JANUARY  
2025

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 with Angela  <u>7:30 - 9:00 pm</u> Relax &amp; 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>4:00 - 5:00 PM</u> Yoga For Teens  <u>6:30 - 8:00 PM</u> LightBody Awakening with Carla</p>	<p>9 <u>9:30 - 10:45 AM</u> Rise &amp; Shine Yoga with Heather  <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> <u>5:00 - 6:00 pm</u> Vinyasa Flow with Angela <u>7:30 - 9:00 pm</u> Relax &amp; Renew with Heather</p>	<p>14 <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>15 <u>4:00 - 5:00 PM</u> Yoga For Teens  <u>6:30 - 8:00 PM</u> LightBody Awakening with Carla</p>	<p>16 <u>9:30 - 10:45 AM</u> Rise &amp; Shine Yoga with Heather  <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> <u>5:00 - 6:00 pm</u> Vinyasa Flow with Angela <u>7:30 - 9:00 pm</u> Relax &amp; Renew with Heather</p>	<p>21 <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>22 <u>4:00 - 5:00 PM</u> Yoga For Teens  <u>6:30 - 8:00 PM</u> LightBody Awakening with Carla</p>	<p>23 <u>9:30 - 10:45 AM</u> Rise &amp; Shine Yoga with Heather  <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> <u>5:00 - 6:00 pm</u> Vinyasa Flow with Angela <u>7:30 - 9:00 pm</u> Relax &amp; Renew with Heather</p>	<p>28 <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>29 <u>4:00 - 5:00 PM</u> Yoga For Teens  <u>6:30 - 8:00 PM</u> LightBody Awakening with Carla</p>	<p>30 <u>9:30 - 10:45 AM</u> Rise &amp; Shine Yoga with Heather  <u>7:30 - 9:00 PM</u> Restorative Yin Yoga with Heather</p>	<p>31</p>	