



2025

January



*Pre-Registration Required

www.sacredspaceyogawellness.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Power Yoga 6:30pm	3 Heated Rise & Flow 7am	4 HOT Yoga 9am
5	6 Chair Yoga 3:30pm *Beg. Series 5pm Restorative Yoga 6:30pm	7 Yoga Flow 6:30pm	8 Heated Rise & Flow 6am	9 Power Yoga 6:30pm	10	11 HOT Yoga 9am
12 *Full Moon Yoga & Sound Bath 7pm	13 Chair Yoga 3:30pm *Beg. Series 5pm Restorative Yoga 6:30pm	14 Yoga Flow 6:30pm	15 Heated Rise & Flow 6am	16 Power Yoga 6:30pm	17 Heated Rise & Flow 7am	18 HOT Yoga 9am
19	20 Chair Yoga 3:30pm *Beg. Series 5pm Restorative Yoga 6:30pm	21 Yoga Flow 6:30pm	22 Heated Rise & Flow 6am	23 Power Yoga 6:30pm	24 Heated Rise & Flow 7am	25 HOT Yoga 9am
26 *Heated Yin/Yang 6pm	27 Chair Yoga 3:30pm *Beg. Series 5pm Restorative Yoga 6:30pm	28 Yoga Flow 6:30pm	29 Heated Rise & Flow 6am	30 Power Yoga 6:30pm	31 Heated Rise & Flow 7am	