

Whole Health

Yoga + Wellness Class Schedule

Monday - 9:30-10:30am Energizing Vinyasa Flow with Sandee

Monday - 12-1pm Stretch + Strengthen with Megan

Monday - 6:30-7:45pm Vinyasa Flow with Blythe

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Tuesday - 12-12:45pm Stretch + Reset with Andrea

Thursday - 12-12:45pm Restorative with Andrea

Thursday - 6:30-7:45pm Vinyasa Flow with Blythe

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Friday - 9-10am Chakra Flow with Sandee

Saturday 10-11:15am Vinyasa Flow with Blythe

**Please Check
Back Soon**

**We are waiting to be able
to reopen the studio**

Drop in - \$15.00

10 Class Flex Pass - \$120