



## 2019 Wyoga Studio--Wyoming Yoga

810 Madison, Gillette, WY 82718

307.680.7762

[wyogastudio.com](http://wyogastudio.com)

rev 10/16/2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:15-6:15 am All Levels Yoga Cindy		5:15-6:15 am Energizing Yoga Cindy		8:00-9:15 am All Levels Yoga Cindy
	9:00-10:00 am Senior Yoga at Senior Center Betty		9:00-10:00 am Senior Yoga at Senior Center Betty		9:00-10:00 am Senior Yoga at Senior Center Cindy	
	12:10-12:50pm Lunch Break Yoga Laura	12:10-12:50pm Power Pilates Lee	12:10-12:50pm Lunch Break Yoga Denise	12:10-12:50pm Power Pilates Brandy	12:10-12:50pm Lunch Break Yoga Denise/Cindy	
2:00-3:00 pm Hot Yoga Dina		4:30-5:30 pm Flow Relaxation Cindy		4:30-5:30 pm Flow Relaxation Cindy		
	5:30-6:45pm All Levels Yoga Karen		5:30-6:45pm All Levels Yoga Karen			
		6:00-7:00 pm Hot Yoga Dina				
	7:00-8:15 pm Hot Yoga Lydia		7:00-8:15 pm Hot Yoga Lydia			

All Levels Yoga: This gentle class focuses on developing strength, flexibility and body awareness. All levels welcome.

Energizing Yoga Flow: A class to leave you feeling vibrant, energized and centered.

Flow Relaxation: Allow your body to flow and your mind to relax in this gentle practice.

Hot Yoga: A vigorous workout in a heated room vitalizes and restores your body.

Lunch Break Yoga: Too busy to squeeze in a full yoga practice? Nourish your body & soul in a no-sweat 40-minute class.

Power Pilates: Feel the power and accept the challenge of building core strength and flexibility.

Senior Yoga at the Senior Center: A gentle flow class for those young in mind but experienced in body. Must be 60+.