



HOT YOGA AND BARRE

KALISPELL STUDIO SCHEDULE

(begins Jan 1st 2025)



85-90 degrees 95 degrees

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9A STRONG	6:30-7:30A VINYASA FLOW	6:30-7:30A POWER FLOW	6:30-7:30A VINYASA FLOW	6:30-7:30A VIN YIN	6:30-7:30A VINYASA FLOW	8-9A POWER SCULPT
9:30-10:45A VIN YIN	9-10A VINYASA FLOW	9-10A VINYASA FLOW	9-10A POWER FLOW	9-10A VINYASA FLOW	9-10A VINYASA FLOW	9:30-10:45A VINYASA FLOW
	10:30-11:30A POWER BARRE		10:30-11:30A POWER SCULPT		10:30-11:30A POWER FLOW	
			4-5P STRONG		4-5P \$5 VINYASA	
5:00-6:15P SUNDAY RESET	5:30-6:45P VINYIN	5:30-6:30P POWER SCULPT	5:30-6:30P VINYASA FLOW	5:30-6:30P POWER BARRE		
	7:30-8:30P VINYASA	7:00-8:00P \$5 VINYASA		7-8P \$5 SOMATIC MOVEMENT		