



**LOVEYOGA**  
MONTANA

# Whitefish NON-HEATED STUDIO SCHEDULE (1/1)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				6:30-7:30A POWER BARRE		
8-9A Sunday Soundbath and MEDITATION	8:45 - 9:30A STRONG X		8:45-9:45A STRONG		8:45-9:45A HIIT	
9:30-10:45A Kids Yoga ages 5-10	10:30-11:15 BABY N ME YOGA	10:45-11:45P BHAkti FLOW		10:45-11:45 TODDLER N ME YOGA		
				12-1P BIRTHFIT (pre + postnatal strength)		
	4:15-5:15P Yoga for Young Adults ages 10-18	4-5P KIDS YOGA ages 5-10	4:15-5:15P POWER BARRE			
	6-7P POWER BARRE	6:30-7:30P RESTORATIVE YOGA	EVENTS	6:30-7:30P Yoga Nidra	EVENTS	