

Phone: 845-477-5322 Scan For Our Digital Schedule
Online: http://www.GreenwoodLakeYoga.com
Facebook & Instagram: @GreenwoodLakeYoga



October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
<u>Vinyasa</u>	<u>Yin Yoga</u>		<u>Hot Yoga</u>		<u>Hot Yoga</u>	<u>Hot Yoga</u>
9am-10am	9:30am-10:30am		7:30am-8:30am	<u>Vinyasa</u>	7:30am-8:30am	8am-9:15am
Slow Flow & Sound	Gentle Beginners	Yoga for Back Care	<u>Gentle Yoga</u>	9am-10am		<u>All Levels Yoga</u>
10:30am-11:30am	4:30pm-5:30pm	5pm-6pm	10:30am-11:30am			9:45am-10:30am
Chakra Meditation	Community Yoga	<u>Beginner Yoga</u>	Yoga Bootcamp	Lymph Love	<u>Happy Hour</u>	Restorative Yoga
11:45am-12:45pm	6pm-7pm	6:30-7:30	5pm-6pm	5:30pm-6:30pm	<u>Yoga</u>	11am-12pm
	<u>Hot Yoga</u>	<u>Yoga Nidra</u>	Wind Down	Hot Power Flow	5:30pm-6:30pm	
	7:30pm-8:30pm	8pm-9pm	7pm– 8pm	7:30pm-8:30pm		
13	14	15	16	17	18	19
<u>Vinyasa</u>			<u>Hot Yoga</u>		<u>Hot Yoga</u>	<u>Hot Yoga</u>
9am-10am	<u>Yin Yoga</u>	Yoga for Back Care	7:30am-8:30am	<u>Vinyasa</u>	7:30am-8:30am	8am-9:15am
Slow Flow & Sound	9:30am-10:30am	5pm-6pm	Gentle Yoga	9am-10am		All Levels Yoga
10:30am-11:30am		Beginner Yoga	10:30am-11:30am		<u>Happy Hour</u>	9:45am-10:30am
Chakra Meditation		6:30-7:30	Yoga Bootcamp	Lymph Love	<u>Yoga</u>	Restorative Yoga
11:45am-12:45pm	Hot Yoga	<u>Yoga Nidra</u>	5pm-6pm	5:30pm-6:30pm	5:30pm-6:30pm	11am-12pm
	7:30pm-8:30pm	8pm-9pm	Wind Down	Hot Power Flow	<u>Kundalini Yoga</u>	
			7pm– 8pm	7:30pm-8:30pm	<mark>7pm-8:30pm</mark>	
20	22	23	24	25	26	27
<u>Vinyasa</u>	Yin Yoga		Hot Yoga		Hot Yoga	Hot Yoga
9am-10am	9:30am-10:30am	Yoga for Back Care	7:30am-8:30am	<u>Vinyasa</u>	7:30am-8:30am	8am-9:15am
Slow Flow & Sound	Gentle Beginners	5pm-6pm	Gentle Yoga	9am-10am		All Levels Yoga
10:30am-11:30am	4:30pm-5:30pm	Beginner Yoga 6:30-7:30	10:30am-11:30am	1		9:45am-10:30am
Chakra Meditation	Community Yoga		Yoga Bootcamp	Lymph Love	Happy Hour	Restorative Yoga
11:45am-12:45pm	6pm-7pm	Yoga Nidra	5pm-5pm Wind Down	5:30pm-6:30pm Hot Power Flow	Yoga 5:30pm-6:30pm	11am-12pm
	Hot Yoga 7:30pm-8:30pm	8pm-9pm	7pm-8pm	7:30pm-8:30pm	5:30pm-6:30pm	
00	7.30pm-6.30pm	00	' '	' '		
28	=-	30	31	1 Vin	2	3
<u>Vinyasa</u> 9am-10am	<u>Yin Yoga</u> 9:30am-10:30am	Varafar Back Care	Hot Yoga 7:30am-8:30am	<u>Vinyasa</u> 9am-10am	Hot Yoga 7:30am-8:30am	Hot Yoga 8am-9:15am
Slow Flow & Sound	Gentle Beginners	Yoga for Back Care 5pm-6pm	Gentle Yoga	yam-ioam	7:30am-6:30am	All Levels Yoga
10:30am-11:30am	4:30pm-5:30pm	spm-opm <u>Beginner Yoga</u>	10:30am-11:30am		Happy Hour	9:45am-10:30am
Chakra Meditation	Community Yoga	6:30-7:30	Yoga Bootcamp	Lymph Love	<u>nappy nour</u> Yoga	Restorative Yoga
11:45am-12:45pm	6pm-7pm	Yoga Nidra	5pm-6pm	5:30pm-6:30pm	5:30pm-6:30pm	11am-12pm
11.450111-12.45p111	opm-/pm Hot Yoga	8pm-9pm	Wind Down	Hot Power Flow	5.50pm-0.50pm	παιτι-τεριπ
	7:30pm-8:30pm	οριπ-7ριπ	7pm-8pm	7:30pm-8:30pm		
	7.50pm-6.50pm		7 pm = opm	7.50pm-6.50pm		