

Mystic Moonlight Yoga - January 2025

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
				10 am Gentle Stretch/Yoga		
			Happy New Year!	-Cyndy @ Lake Stonycreek		
			No class tonight	No Yin Yoga tonight		
5	6	7	8	9	10	11
		10 am Strength Yoga - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates	@ Lake Stonycreek	- Bobbie	6 pm Yin Yoga - Bobbie		
	-Bobbie	6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				
12	13	14	15	16	17	18
		10 am Strength Yoga - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates	@ Lake Stonycreek	- Bobbie	6 pm Yin Yoga - Bobbie		
	-Bobbie	6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				
19	20	21	22	23	24	25
		10 am Strength Yoga - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates	@ Lake Stonycreek	- Bobbie	6 pm Yin Yoga - Bobbie		
	-Bobbie	6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				
26	27	28	29	30	31	
		10 am Strength Yoga - Alex				
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	6 pm Breathwork Workshop		
	6 pm Weighted Pilates	@ Lake Stonycreek	- Bobbie	- Eric Schott		
	-Bobbie	6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				