



JANUARY 2021

Life is too short to wait.

www.ErynsYoga.com

 Eryn@ErynsYoga.com

 Eryn's Yoga

 @ErynsYoga

 Eryn Kirkwood / Eryn's Yoga



Gnite Yoga on Mondays @7:45-8:30pm starts January 11
Strong & Calm on SATURDAYS @10:30-11:30am starts January 16
"All-Levels Yoga" will become "Slow Flow 2" on Fridays at 11am, starting January 15

SUN	MON	TUE	WED	THU	FRI	SAT
					1 New Year's Day Yoga 10:30-11:45am	2
3 Rest zzZ	4 Slow Flow 10:30-11:30am	5 Stretch & De-Stress 6:30-7:30pm	6 Gentle Yoga 10:30-11:30am	7 Bliss 4 Hips 6:30-7:30pm	8 Slow Flow 2 11:00am-12:00pm	9 New!
10 Rest zzZ	11 Slow Flow 10:30am Gnite Yoga 7:45-8:30pm	12 Stretch & De-Stress 6:30-7:30pm	13 Gentle Yoga 10:30-11:30am	14 Bliss 4 Hips 6:30-7:30pm	15 Slow Flow 2 11:00am-12:00pm	16 Strong & Calm 10:30-11:30am
17 Rest zzZ	18 Slow Flow 10:30am Gnite Yoga 7:45-8:30pm	19 Stretch & De-Stress 6:30-7:30pm	20 Gentle Yoga 10:30-11:30am	21 Bliss 4 Hips 6:30-7:30PM	22 Slow Flow 2 11:00am-12:00pm	23 Strong & Calm 10:30-11:30am
24 Rest zzZ	25 Slow Flow 10:30am Gnite Yoga 7:45-8:30pm	26 Stretch & De-Stress 6:30-7:30pm	27 Gentle Yoga 10:30-11:30am	28 Bliss 4 Hips 6:30pm-7:30pm	29 Slow Flow 2 11:00am-12:00pm	30 Strong & Calm 10:30-11:30am
31 Rest zzZ						