



Happi Yogi Class Schedule

April 1 ~ June 30, 2024

Monday

7:15 - 8:15 am	Unheated	Cardio, Strength, Balance & Core	Kelly (starts 4/22)
8:45 - 9:45 am	Unheated	Wisdom Years	Angie
10:30 - 11:30 am	Heated	Flow 2	Taylor
12:15 - 1:15 pm	Unheated	Yoga Sculpt	Taylor
5:30 - 6:30 pm	Heated	Flow 2	Isabel
7:15 - 8:15 pm	Unheated	Stretch, Relax & Restore	Angie

Tuesday

5:30 - 6:30 am	Heated	Flow 2	Kelly
7:15 - 8:15 am	Heated	Yoga Sculpt	Taylor
8:45 - 9:45 am	Heated	Flow 1	Taylor
9:00 - 10:00 am	Outside	Outdoor Patio Yoga (Back Patio)	Kearstyn
10:30 - 11:30 am	Unheated	Flow 1	Kelly
12:15 - 1:15 pm	Unheated	Flow 1	Cynthia
5:30 - 6:45 pm	Heated	Flow 2	Chantel
7:15 - 8:15 pm	Unheated	Slow Flow	Molly

Wednesday

5:30 - 6:30 am	Unheated	Flow 2	Kelly
7:15 - 8:15 am	Unheated	Cardio, Strength, Balance & Core	Kelly
8:45 - 9:45 am	Unheated	Wisdom Years	Angie
10:30 - 11:30 am	Heated	Flow 2	Chantel
5:30 - 6:30 pm	Heated	Flow 2	Isabel
7:15 - 8:15 pm	Unheated	Stretch, Relax & Restore	Wes

Thursday

5:30 - 6:30 am	Heated	Flow 2	Kelly
7:15 - 8:15 am	Unheated	Ashtanga Flow 2	Jesse
8:45 - 9:45 am	Heated	Flow 1	Taylor
10:30 - 11:30 am	Unheated	Flow 1	Kearstyn
12:15 - 1:15 pm	Unheated	Power Flow	Chantel
5:30 - 6:30 pm	Unheated	Sound Healing, Stretch & Restore	Jesse

Friday

5:30 - 6:30 am	Heated	Flow 2	Brooke
7:15 - 8:15 am	Unheated	Flow 1	Jesse
8:45 - 9:45 am	Unheated	Yin Yoga	Monica
4:30 - 5:30 pm	Unheated	Flow 1	Chantel/Erica

Saturday

8:00 - 9:00 am after 5/25 - 7:45-8:45	Heated	Flow 2	Taylor
9:30 - 10:30 am	Unheated	Slow Flow	Taylor
6:30 - 7:30 pm	Unheated	Slow Flow	Ellen

Sunday

10:00 - 11:00 am	Heated	Flow 2	Isabel
Noon - 1:00 pm	Unheated	Sunday Flow	Erica
4:30 - 5:30 pm	Heated	Flow 2	Brooke
6:00 - 7:00 pm	Unheated	Slow Flow	Ali Grace

WindsorHappiYogi.com

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Please check schedule on Wellness Living to verify info
Schedule subject to change without notice



Book a Class