

YOGA @ 310 Wellness

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2	3	1	2	3
4 Stretch & Restore (Ness) 7:00-8:15 PM	5 Relax & Renew (HM) 7:30-9:00 PM	6 Meditation & Movement 10:00 – 11:15 AM	7 Chair Yoga 10:00 -11:00 AM Empowered Flow (Britt) 7:00 – 8:00 PM	8 Restorative Yin (Heather) 7:30 – 9:00 PM	9	10 Power (Britt) 9:00 – 10:00 AM
11 Stretch & Restore (Ness) 7:00-8:15 PM	12 Relax & Renew (HM) 7:30-9:00 PM	13 Meditation & Movement 10:00 – 11:15 AM	14 Chair Yoga 10:00 -11:00 AM Empowered Core (Ness) 7:00 – 8:00 PM	15 Baby Yoga 10:30 – 11:30 Restorative Yin (Heather) 7:30 – 9:00 PM	16	17 Power (Britt) 9:00 – 10:00 AM Body Rolling Workshop 10:15 – 1:15 PM
18 Stretch & Restore (Ness) 7:00-8:15 PM	19 Relax & Renew (HM) 7:30-9:00 PM	20 Meditation & Movement 10:00 – 11:15 AM	21 Chair Yoga 10:00 -11:00 AM Empowered Flow (Britt) 7:00 – 8:00 PM	22 Baby Yoga 10:30 – 11:30 Restorative Yin (Heather) 7:30 – 9:00 PM	23 Osho Active Meditation (Angela) 7:00 – 9:00 PM	24 Power (Britt) 9:00 – 10:00 AM
25 Stretch & Restore (Ness) 7:00-8:15 PM	26 Relax & Renew (HM) 7:30-9:00 PM	27 Meditation & Movement 10:00 – 11:15 AM	28 Chair Yoga 10:00 -11:00 AM Empowered Core (HM) 7:00 – 8:00 PM	29 Baby Yoga 10:30 – 11:30 Restorative Yin (Heather) 7:30 – 9:00 PM	30	31 Power (Britt) 9:00 – 10:00 AM

Yoga with Heather

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