

Tri-State Yoga Studio
Instructor's Schedule

JANUARY 2018

****BLUE NOT HEATED CLASS**** / ****RED 101degrees & 45% humidity ****/ ****PURPLE 90degrees****

*** Instructors are subject to change ***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER 31 st 9:30a GROOVE <i>Lanna</i> 3pm Sunday Stretch <i>Jessica</i>	JANUARY 1 HOLIDAY — NO CLASS	2 8:00am PV - <i>Lanna</i> 9:30am Groove - <i>Lori</i> 4:30pm WARM Bikyasa Flow - <i>Va</i> 5:45pm Advanced Bikyasa - <i>Niki</i>	3 8:00am Adv Bikyasa <i>Niki</i> 9:30am PV - <i>Lauren</i> 12:00pm Groove <i>Lori</i> 4:30pm BODY ESSENTIALS: Feet - <i>Jessica</i> 5:45pm PV - <i>Lanna</i>	4 8:00am Bikyasa Power Hour <i>Bianca</i> 9:15 am Yoga for Tennis Players <i>Lanna</i> 4:30pm Slow Flow - <i>Amy</i> 5:45pm Warrior60 <i>Doug</i>	5 8:00am Groove <i>Lauren</i> 12:00pm PV <i>Niki</i> 4:30 Renew & Restore <i>Jessica</i>	6 8:00am Groove <i>Stacey</i> 10:00am Why do we? <i>Jessica</i>
7 9:30a Bikyasa <i>Bianca</i> 3pm Sunday Stretch <i>Amy</i>	8 8:00am BODY ESSENTIALS: Wrists & Shoulders - <i>Rebecca</i> 9:30am Slow Flow <i>Rebecca</i> 12:00pm Bikyasa <i>Bianca</i> 4:30pm R&R <i>Amy</i> 5:45pm Groove <i>Stacey</i>	9 8:00am PV - <i>Lanna</i> 9:30am Groove - <i>Lori</i> 4:30pm WARM Bikyasa Flow - <i>Va</i> 5:45pm Advanced Bikyasa - <i>Niki</i>	Lor10 8:00am Adv Bikyasa <i>Niki</i> 9:30am PV - <i>Lauren</i> 12:00pm Groove <i>Bianca</i> 4:30pm BODY ESSENTIALS: Wrists & Shoulders - <i>Jessica</i> 5:45pm PV - <i>Lanna</i>	Lor11 8:00am Bikyasa Power Hour <i>Bianca</i> 9:15 am Yoga for Tennis Players <i>Rebecca</i> 4:30pm Slow Flow - <i>Amy</i> 5:45pm Warrior60 <i>Doug</i>	LorLauN12 8:00am Groove TBD 12:00pm PV <i>Lanna</i> 4:30 Renew & Restore <i>Jessica</i>	LauN13 8:00am Groove - <i>Stacey</i> 10:00am Why do we? <i>Jessica</i> 1pm Resolve to Evolve
LauBN14 9:30a GROOVE <i>Lanna</i> 3pm Sunday Stretch <i>Amy</i>	N15 HOLIDAY 5:45pm Groove <i>Stacey</i>	16 8:00am PV - <i>Lanna</i> 9:30am Groove - <i>Lori</i> 4:30pm WARM Bikyasa Flow - <i>Va</i> 5:45pm Advanced Bikyasa - <i>Niki</i>	17 8:00am Adv Bikyasa <i>Niki</i> 9:30am PV - <i>Lauren</i> 12:00pm Groove <i>Lori</i> 4:30pm BODY ESSENTIALS: Hips & Hamstrings - <i>Jessica</i> 5:45pm PV - <i>Lanna</i>	B18 8:00am Bikyasa Power Hour <i>TBD</i> 9:15 am Yoga for Tennis Players <i>Rebecca</i> 4:30pm Slow Flow - <i>Amy</i> 5:45pm Warrior60 <i>Doug</i>	19 8:00am Groove <i>Lauren</i> 12:00pm PV <i>Niki</i> 4:30 Renew & Restore <i>Jessica</i>	Lan20 8:00am Groove - <i>Stacey</i> 10:00am Why do we? <i>Doug</i> 1pm Kids Yoga
LA21 9:30a Bikyasa <i>Bianca</i> 3pm Sunday Stretch <i>Jessica</i>	J22 8:00am BODY ESSENTIALS: Abs & Back - <i>Rebecca</i> 9:30am Slow Flow <i>Rebecca</i> 12:00pm Bikyasa <i>Bianca</i> 4:30pm R&R <i>Amy</i> 5:45pm Groove <i>Stacey</i>	J23 8:00am PV - <i>Lanna</i> 9:30am Groove - <i>Lori</i> 4:30pm WARM Bikyasa Flow - <i>Va</i> 5:45pm Advanced Bikyasa - <i>Niki</i>	J24 8:00am Adv Bikyasa <i>Niki</i> 9:30am PV - <i>Lauren</i> 12:00pm Groove <i>Lori</i> 4:30pm BODY ESSENTIALS: Abs & Back - <i>Lanna</i> 5:45pm PV - <i>Lanna</i>	J25 8:00am Bikyasa Power Hour <i>Bianca</i> 9:15 am Yoga for Tennis Players <i>Rebecca</i> 4:30pm Slow Flow - <i>Amy</i> 5:45pm Warrior60 <i>Doug</i>	J26 8:00am Groove <i>Lauren</i> 12:00pm PV <i>Niki</i> 4:30 Renew & Restore <i>Amy</i>	J27 8:00am Groove <i>Stacey</i> 10:00am Why do we? <i>Lanna</i>
J28 9:30a Bikyasa <i>Lauren</i> 3pm Sunday <i>Amy</i>	J29 8:00am BODY ESSENTIALS: Feet - <i>Rebecca</i> 9:30am Slow Flow <i>Rebecca</i> 12:00pm Bikyasa <i>Bianca</i> 4:30pm R&R <i>Amy</i> 5:45pm Groove <i>Stacey</i>	J30 8:00am PV - <i>Lanna</i> 9:30am Groove - <i>Lori</i> 4:30pm WARM Bikyasa Flow - <i>Va</i> 5:45pm Advanced Bikyasa - <i>Niki</i>	J31 8:00am Adv Bikyasa <i>Niki</i> 9:30am PV - <i>Lauren</i> 12:00pm Groove <i>Lori</i> 4:30pm BODY ESSENTIALS: Feet - <i>Lanna</i> 5:45pm PV - <i>Lanna</i>			

Follow us on Instagram or Facebook for schedule updates, announcements & events!
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