



Get *good and twisted* any day of the week! Conveniently scheduled classes all day-see you soon!

**PLEASE NOTE: Studio doors are locked while class is in session** (doors unlocked 20 min before & 1/2 hr after each class)

Class Schedule (printable pdf online at [www.goodandtwistedyoga.com](http://www.goodandtwistedyoga.com); home page)

Effective	Nov '17													
Time	MON		TUES		WED		THURS		FRI		SAT		SUN	
	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
5:30 am			W&T						H&T					
7:30 am											H&T			
8:00 am														
8:30 am													G&B	
9:00 am											W&T			
9:30 am	G&G		W&T		G&F		W&T		W&T					
10:30 am											G&M		W&T	
11:00am									G&F			Massg 11- 2pm		
12:00 pm	W&T													
1:00 pm											W&T			
2:30 pm														C&T
4:15 pm														*G&F
4:45 pm	W&T		W&T	G&F	W&T		G&B							
5:00 pm														
6:15 pm	G&F	Tween	H&T	C&T	G&B	Massage5 -7:15pm	G&F							**CANDLELIGHT YOGA (6:30-8:00 Watch for Next Scheduled) ☺
7:30 pm	G&B		G&F				W&T							

**Class Descriptions** (all classes are 60 minutes unless otherwise noted with \*): \*75 min class | \*\*Requires Online Sign-Up -90 minute class | \*\*\*Workshop ; Online Sign-up Required

Hot & Twisted (H&T) – **Advanced** heated Vinyasa flow

Warm & Twisted (W&T) – **Intermediate** heated Vinyasa flow

Good & Balanced (G&B) – Mildly heated Hatha yoga for **all levels**

Cool & Twisted (C&T) - **Intermediate** NON-HEATED Vinyasa flow

Good & Gentle (G&G) – Non-heated Hatha/ gentle yoga for alignment/**all levels**

\*\*\*Yoga Calm (YC) – Kid’s yoga class for ages 5-9 years (see 5-week sessions under “Workshops” tab online)

Good & Flexible (G&F) – Non-heated Hatha/flexibility yoga for **all levels**

\*\*\*T(w)een Twisters – T(w)een yoga class for ages 10-13 (see 6-week sessions under “Workshops” tab online)

Good & Mindful (G&M) – Non-heated Mindful Movement & Meditation/**yoga tradition** Candlelight Yoga – **Intermediate** heated Vinyasa Flow + guided meditation (Free for G&TY Members; \$25 non-members)

**Please Note: we ask that children be at least 13 years old and accompanied by an adult to attend adult classes; ages 16+ can attend classes on their own with parent/guardian’s signed consent**