



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; home page)

Effective Mar '18

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			
8:30 am													G&B	*TYBW
9:00 am											W&T			8-9:30am
9:30 am	G&G		W&T		G&F		W&T		W&T					
10:30 am											G&M		W&T	10-11:30am
11:00am									G&F					
12:00 pm	W&T													
1:00 pm											W&T			
4:15 pm													G&F	
4:45 pm	W&T		W&T	G&F	W&T		G&B		W&T					
5:00 pm								*TYBW 5-6:30pm						
6:15 pm	G&F	*Tween	H&T		G&B		G&F							**CANDLELIGHT YOGA (6:30-8:00 Watch for Next Scheduled) ☺
7:30 pm	G&B	*prenatal	G&F				W&T							

Class Descriptions (all classes are 60 minutes unless otherwise noted with *):

**Requires Online Sign-Up under Workshops | *Book Appt under "Private Sessions" online

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**

Good & Mindful (G&M) – Non-heated Mindful Movement & Meditation/**yoga tradition**

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

Candlelight – **Intermediate heated Vinyasa Flow + guided meditation (Free for G&TY Members; \$25 non-members)

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

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

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