



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	Oct '20	IN-STUDIO CLASSES				VIRTUAL/ONLINE CLASSES		
Day	MON	TUES	WED	THURS	FRI	SAT	SUN	
Time								
6:00 am		W&T		W&T				
7:30 am			W&T					
8:00 am					G&F	G&M		
8:30 am							G&B	
9:30 am	G&B		G&F		W&T	W&T		
10:30 am							W&T	
11:45am		*G&B (45 min)		*G&B (45 min)				
4:45 pm	W&T	G&F	W&T		W&T			
6:15 pm	G&F	G&B		W&T				
7:30pm	G&B	W&T						

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

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

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

**Good & Balanced (G&B)** –Hatha yoga for **all levels** (mildly heated in studio)

**Good & Mindful (G&M)** – Mindful Movement & Meditation/**yoga tradition/all levels** (non-heated in studio)

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

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

**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