



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 | April '21 | | IN-STUDIO CLASSES | | | | VIRTUAL/ONLINE CLASSES | |
|-----------|-----------|---------------|-------------------|---------------|-------|--------|------------------------|--|
| Day | MON | TUES | WED | THURS | FRI | SAT | SUN | |
| Time | | | | | | | | |
| 6:00 am | | W&T I | | W&T I | | | | |
| 7:30 am | | | W&T I | | | | | |
| 8:00 am | | | | | G&F | | | |
| 8:30 am | | | | | | | G&B | |
| 9:00 am | | | | | | W&T II | | |
| 9:00 am | | | | | | W&T I | | |
| 9:30 am | G&B | | G&F | | W&T I | | | |
| 10:30 am | | | | | | G&M | W&T I | |
| 11:45am | | *G&B (45 min) | | *G&B (45 min) | | | | |
| 4:45 pm | W&T I | G&F | W&T I | G&F | | | | |
| 6:15 pm | G&F | G&B | G&F | W&T II | | | | |
| 7:30pm | | | | | | | | |

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

Warm & Twisted 2 (W&T II) – **Advanced** Vinyasa flow (heated in studio)

Warm & Twisted 1 (W&T I) – **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