



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	Sept '21	IN-STUDIO CLASSES (GREEN)				VIRTUAL/ONLINE CLASSES (ORANGE)		
Day	MON	TUES	WED	THURS	FRI	SAT	SUN	
Time								
5:30 am				W&T I				
6:00 am		W&T I						
7:30 am						W&T II		
8:00 am					G&F			
8:30 am		G&G					G&B	
9:00 am						W&T I		
9:30 am	G&B		G&F		W&T I			
9:30 am			W&T I				W&T I	
10:00 am					W&T I			
10:30 am						G&M		
4:45 pm	W&T I		W&T I	G&F				
6:15 pm	G&F	G&B						
6:15 pm		G&F	G&B	W&T I				
7:30pm		G&B						

**Class Descriptions** (all classes are 60 minutes unless otherwise noted with \*; H=heated in studio class; NH=non-heated in studio class):

**Warm & Twisted 1 (W&T I)** – Intermediate Vinyasa flow (H)

**Warm & Twisted 2 (W&T II)** – Advanced Vinyasa flow (H)

**Good & Balanced (G&B)** –Hatha yoga for all levels (low H)

**Good & Mindful (G&M)** – Mindful Movement & Meditation/**yoga tradition/all levels** (NH)

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

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

*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*