



# Wishing Tree Studio Class Schedule

Spring 2025

	SUN	MON	TUES	WED	THURS	FRI	SAT
6:15 am		RISE and SHINE FLOW (45) Nichole	MEDITATION (20) Erin		RISE and SHINE FLOW (45) Nichole		
8:15 am							FLOW (60) Rotating Instructor
8:30 am		POWER FLOW** (60) John	MAT PILATES (45) Jo	POWER FLOW** (60) John			
9:00 am	GENTLE FLOW (45) rotating instructor						
10:00 am			MINDFUL YOGA (75) Debra		YOGA FOR EVERYBODY (60) Debra		
12:00 pm						FLOW (30) Katie	
4:00 pm		PARENT & TOT YOGA** with Chloe every other week					
5:00 pm	FLOW (60) rotating instructor						
5:15 pm						Pop- UP Classes and Sessions!	
5:45 pm		FLOW (60) Bérénice		FLOW** (60) Blair	FREE COMMUNITY FLOW* (45) Jo		
6:15 pm							
6:30 pm			Yoga Barre** (45) Alyssa				SOUND BATH (75) *** Krista
7:00 pm				YANG/YIN**(60) Blair	ROTATING CLASS** Kelly S.		

Wishing Tree Studio 121 N. Main St. Oregon

[www.wishingtreestudio.com](http://www.wishingtreestudio.com)

608-291-0472

\* FREE or by donation (\$3-\$5 suggested) to charity of the month; blended Live/Zoom.

\*\* In person only

\*\*\* Regularly scheduled EVENT (\$30); offered once a month. Check Wellness Living for dates.

Many classes offer both an in-person or virtual option! **Classes in dark grey are online only.** Watch our website, Instagram, and Facebook pages for upcoming workshops and special events. We also offer private and small group lessons, yoga therapy, and yoga parties. Please contact us for information. On-demand classes are available in our video library.

