



Wishing Tree Studio Class Schedule

Beginning August 1

	SUN	MON	TUES	WED	THURS	FRI	SAT
6:15 am		RISE and SHINE FLOW (45) Nichole	FLOW YOGA (45) Nichole		RISE and SHINE FLOW (45) Nichole		
7:00 am						MAT PILATES (45)*** Jo	
8:15 am							FLOW (60) Instructor Rotation some instructors are by Zoom only.
8:30 am			MAT PILATES (45)*** Jo		CORE & BALANCE Debra (60)		
9:00 am	GENTLE (60) Micole						
10:00 am			GENTLE (60) Debra		YOGA FOR EVERYBODY (60) Debra		
12:00 pm			FLOW (30) Leanne		FLOW (30) Lisa Z	FLOW (30) Micole	
5:30 pm		SLOW FLOW (60) Berenice		SLOW FLOW (60) Ali	YOGA IN THE PARK (45) Lussier Center Instructor Rotation		
5:45 pm	RELAXATION YOGA SACRED SUNDAY (45) Lisa				GOOD KARMA** FLOW (45) Jo		
6:00 pm							
6:45 pm				SomaYoga RESTORE (45) Ali			
7:00 pm							

Wishing Tree Studio 121 N. Main St. Oregon

www.wishingtreestudio.com

608-291-0472

* FREE!

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

*** One FREE intro class suggested, please contact us for more information.

Most classes offer an in-person or virtual option! Classes in dark grey are by Zoom only. Yoga in the Park and Wednesday evening SomaYoga are in-person only.

Watch our website, Instagram, and Facebook pages for upcoming workshops and special events.

Private and small group lessons are available. Please contact us for information.

A selection of pre-recorded classes are available on our website and in Wellness Living.