



Wishing Tree Studio Class Schedule

August 22 - September 30 2023

	SUN	MON	TUES	WED	THURS	FRI	SAT
6:15 am		RISE and SHINE FLOW (45) Nichole			RISE and SHINE FLOW (45) Nichole		
8:15 am							FLOW (60) Rotating Instructor
8:30 am		POWER FLOW** (60) Kelly	MAT PILATES (45) Jo	YIN (60) Lisa Z through September 6			
9:00 am	GENTLE FLOW (60) Micole						
10:00 am			GENTLE (60) Debra		YOGA FOR EVERYBODY (60) Debra		
10:30 am	BREATHE IN BALANCE (60) with Joanne						
12:00 pm						FLOW (30) Micole	
5:00 pm							
5:30 pm							
5:45 pm			FLOW** (60) John	FLOW** (60) Kelly	GOOD KARMA FLOW* (45) Jo No class 9/21 or 9/28		
6:15 pm	SomaYoga (45) RESTORE Ail						
7:00 pm							

Wishing Tree Studio 121 N. Main St. Oregon

www.wishingtreestudio.com

608-291-0472

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

** In person only

Most classes offer 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 sessions, and yoga parties. Please contact us for information. On-demand classes are available on our website and in our Wellness Living video library.

