



# Wishing Tree Studio Class Schedule

\*DRAFT\* BEGINS OCTOBER 9, 2023

	SUN	MON	TUES	WED	THURS	FRI	SAT
6:15 am		RISE and SHINE FLOW (45) Nichole		FLOW (45)** Annie	RISE and SHINE FLOW (45) Nichole		
8:00 am		MEDITATION (20) Erin				MEDITATION (20) Erin	
8:15 am							FLOW (60) Rotating Instructor
8:30 am		POWER FLOW** (60) Kelly	MAT PILATES (45) Jo	YANG/YIN Lisa Z (starts Oct. 11)			
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	FLOW (60) Ali (begins Oct. 15)						
5:15 pm						Yoga HIIT (45) Hope Oct 13, 20, 27	
5:45 pm		FLOW (60) Berenice	FLOW** (60) John	FLOW** (60) Kelly	COMMUNITY FLOW* (45) Jo		
6:15 pm	RESTORATIVE YOGA Ali (begins Oct 15)						
7:00 pm			YOGA 101 (60) Annie begins Oct 17	YIN** (75) Kelly			

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

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.

