



Happi Yogi Class Schedule

April 2025

Be sure to check our Events Page for special classes and Happi Yogi events

Monday

5:30 - 6:30 am	Heated	Flow 2	Kelly
8:45 - 9:45 am	Unheated	Wisdom Years	Angie
9:00 - 10:00 am	Heated	Flow 2 (Little Lotus Studio)	Jenni
10:15 - 11:15 am	Unheated	Flow 1	Julie
5:30 - 6:30 pm	Heated	Flow 2	Isabel
7:15 - 8:15 pm	Unheated	Stretch, Relax & Restore	Angie

Tuesday

5:30 - 6:30 am	Unheated	Flow 2	Jesse
7:00 - 8:00 am	Heated	Yoga Sculpt	Nicole
9:00 - 10:00 am	Heated	Flow 2	Jenni
10:30 - 11:30 am	Unheated	Flow 1	Brandi
5:30 - 6:30 pm	Heated	Flow 1	Chantel
7:15 - 8:15 pm	Gently Heated	Fusion Flow	Molly

Wednesday

5:30 - 6:30 am	Heated	Flow 2	Kelly
8:45 - 9:45 am	Unheated	Wisdom Years	Angie
9:00 - 10:00 am	Heated	Flow 1 (Little Lotus Studio)	Chantel
10:15 - 11:15 am	Unheated	Yoga Ball Fusion	Angie
5:30 - 6:30 pm	Heated	Flow 2	Isabel
5:45 - 6:45 pm	Gently Heated	Fusion Flow (Little Lotus Studio)	Julie
7:15 - 8:15 pm	Unheated	Stretch, Relax & Restore	Wes

Thursday

5:30 - 6:30 am	Unheated	Ashtanga Flow 2	Jesse
7:00 - 8:00 am	Heated	Yoga Sculpt	Taylor
9:00 - 10:00 am	Gently Heated	Fusion Flow	Cassie
10:30 - 11:30 am	Unheated	Flow 1	Jesse
12:15 - 1:15 pm	Heated	Power Flow	Chantel
5:30 - 6:30 pm	Unheated	Sound, Reiki & Restore	Jesse
7:15 - 8:15 pm	Unheated	Gentle Flow & Hold	Brandi

Friday

5:30 - 6:30 am	Heated	Power Flow	Brooke
7:15 - 8:15 am	Unheated	Flow 1	Jesse
8:45 - 9:45 am	Unheated	Wisdom Years	Kelly
4:30 - 5:30 pm	Gently Heated	Fusion Flow	Chantel/Erica

Saturday

7:45 - 8:45 am	Heated	Flow 2	Melissa
9:30 - 10:45 am	Unheated	Slow Flow	Kelly
Noon - 1:00 pm	Heated	Power Flow	Brooke

Sunday

8:30 - 9:30 am	Unheated	Wisdom Years	Monica
9:15 - 10:00 am	Unheated	Meditation: A Place to Practice (Lotus)	Malcolm
10:15 - 11:15 am	Heated	Flow 2	Isabel
Noon - 1:00 pm	Unheated	Sunday Flow	Erica
6:30 - 7:30 pm	Unheated	Stretch, Relax & Restore	Ash

If not specified, class will be held in the Mandala Studio

WindsorHappiYogi.com

970-686-8958

117 N. 6th St, Windsor, CO 80550

Pre-registration highly encouraged
to guarantee your spot for all classes and events!

Schedule subject to change without notice



Book a Class

