



Happi Yogi Class Schedule

December 2024

Please watch Wellness Living for updates on class schedules during the holidays.
 Also, check our Events Page for special classes and Happi Yogi events

Monday

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

Tuesday

7:00 - 8:00 am	Heated	Yoga Sculpt		Taylor
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

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

7:00 - 8:00 am	Heated	Yoga Sculpt		Taylor
7:15 - 8:15 am	Unheated	Ashtanga Flow 2	(Little Lotus Studio)	Jesse
10:30 - 11:30 am	Unheated	Flow 1		Kelly
12:15 - 1:15 pm	Heated	Power Flow	(Little Lotus Studio)	Chantel
5:30 - 6:30 pm	Unheated	Sound Healing, Stretch & Restore		Jesse

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	Unheated	Flow 1		Chantel/Erica

Saturday

7:45 - 8:45 am	Heated	Flow 2		Taylor/Kelly
9:30 - 10:45 am	Unheated	Slow Flow		Taylor
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

