

Fall Class Schedule - 2018

Monday

5:30-6:30am (heated) - beGrounded - Joanna Gifford
9:00-10:15am (unheated) - Yoga Tune-Up - Amie Wilson
12:00-1:15pm (warm) - beFree Flow - Kortni Hampton
4:30-5:30pm (heated) - beFree Flow - Gina Stainback
6:00-7:15pm (heated) - beFree Flow - Elise Carter

Tuesday

5:30-6:30am (heated) - beFree Flow - Holly Ingram
9:00-10:30am (warm) - beAligned - Elise Carter
11:00am-12:00pm (unheated) - beFree Begin - Amie Wilson
6:00-7:00pm (heated) - beFree Flow - Maren Ashby
***7:30-8:30pm (unheated) - Yoga 101 - 6 Week Beginner Series
Amie/Maren *9/18-10/25**

Wednesday

5:30-6:30am (heated) - beFree Flow - Joanna Gifford
9:00-10:15am (unheated) - Yoga Tune-Up - Gina Kretschmer
12:00-1:00pm (heated) - beFree Flow - Holly Ingram
4:30-5:30pm (heated) - beGrounded - Gina Stainback
6:00-7:15pm (heated) - beFree Flow - Holly Ingram

Thursday

5:30-6:30am (heated) - beFree Flow - Maren Ashby
9:00-10:30am (warm) - beAligned - Holly Ingram
11:00am-12:00pm (unheated) - beFree Begin - Holly Ingram
6:00-7:00pm (heated) - beFree Flow - Austin Nash
***7:30-8:30pm (unheated) - Yoga 101 - 6 Week Beginner Series
Amie/Maren *9/18-10/25**

Friday

5:30-6:30am (warm) - beGrounded - Gina Kretschmer
9:00-10:15am (unheated) - Yoga Tune-Up - Holly/Kortni
12:00-1:00pm (heated) - beFree Flow - Tanya Wood
1:30-2:30pm (unheated) - beCalm - Elise/Tanya/Taylor
5:00-6:00pm (heated) - Yoga Meltdown - Austin Nash

Saturday

9:00-10:15am - (heated) - beFree Flow - Elise Carter
11:00am-12:00pm - (warm) - beGrounded - NEW Apprentice Teachers

Sunday

7:45-8:45am (warm) - beGrounded - Gina Stainback
2:30-3:45pm (warm) - beFree Flow - Rotating Teachers
3:55-4:25pm (unheated) - Meditation for beginners - Rotating Teachers
5:00-6:00pm - (unheated) - beCalm - NEW Apprentice Restorative Teachers

beFree Yoga Tyler Class Schedule



CHANGES/ADDITIONS:

- **Yoga 101 6 Week Beginner Series with Amie Wilson and Maren Ashby** - September 18 - October 25, Tue/Thu evenings. This is the PERFECT opportunity to start a yoga practice, or to brush up on basics. Think of this as 12 semi-private lessons! \$65 for members, \$85 for non-members, or \$105 for all 12 sessions and a 6 week unlimited yoga pass at beFree.
- **Yoga + TrueVine Saturdays** - Every SECOND Saturday of the month, 10am at True Vine Brewery (\$20 covers both yoga class and beer afterwards).
- **NEW \$5 Classes** - Saturday 11am and Sunday 5pm are NEW \$5 options, taught by select apprentice yoga school graduates.
- **SoundTherapy with Kenny Kolter** - Sunday, Nov. 18 at 4pm - registration is open and these classes ALWAYS sell out!
- **beFree 200hr Teacher Training** - Thursday - Sunday for 6 weekends over the winter. Our next training will start in January 2019, see our website for more details or to register.

Our online schedule can be found at www.befreeyogatyler.com/classschedule/ and is ALWAYS updated in real time with subs, class cancellations and other changes.