

beFree Yoga Tyler Class Schedule



Abbreviated July In-Person Class Schedule:

Monday

5:30-6:30am - heated flow - Megann Hagmann
9:00-10:00am - unheated slow - Amie Wilson
12:00-1:00pm - heated power - Amalia Balsler
4:30-5:30pm - heated flow - Gina Stainback

Tuesday

5:30-6:30am - heated flow - Joanna Gifford
9:00-10:00am - unheated slow - Amalia Balsler
12:00-1:00pm - heated power - Tiffany Honea
6:00-7:00pm - heated flow - Amie Wilson

Wednesday

5:30-6:30am - heated flow - Grace Sterken
9:00-10:00am - unheated slow - Tiffany Honea
12:00-1:00pm - heated power - Amie Wilson
4:30-5:30pm - heated flow - Gina Stainback

Thursday

5:30-6:30am - heated flow - Joanna Gifford
9:00-10:00am - unheated slow - Megann Hagmann
12:00-1:00pm - heated power - Joanna Gifford
6:00-7:00pm - heated flow - Austin Nash

Friday

5:30-6:30am - heated flow - Grace Sterken
9:00-10:00am - unheated slow - Tiffany Honea
12:00-1:00pm - heated power - Austin Nash

Saturday

9:00-10:00am - heated flow - Joanna Gifford
11:00-12:00pm - unheated all-levels - Rotating Teachers

Sunday

7:45-8:45am - unheated all-levels - Joanna Gifford
12:00-1:00pm - Meditation - Katy West (First 3 Sundays of each month & FREE TO ALL)
2:30-3:30pm - heated flow - Gina/Grace
5:00-6:00pm - unheated restorative - Taylor Clark

- All classes are limited to twelve students. Each week we will reassess & increase as restrictions are lifted.
 - We are not using shared props/mats during this time.
 - Each class is limited to 60 min with at least 60 min between each class to allow for full sanitizing & re-circulation of air in studio.
 - ALL sign-ups are online through Wellness Living.
- 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.