

beFree Yoga Tyler Class Schedule



January 2021 CENTRAL Class Schedule:

Monday

5:30-6:30am - heated flow - Megann Hagmann
9:00-10:15am - unheated all-levels - Amie Wilson
12:00-1:00pm - **\$5 drop in!** - heated power - Amalia Balsler
4:30-5:30pm - all-levels - Gina Stainback
6:15-7:15pm - heated flow - Grace Sterken

Tuesday

5:30-6:30am - heated flow - Joanna Gifford
7:15-8:15am - all-levels - Joanna Gifford
9:00-10:15am - align - Elise Carter
4:00-5:00pm - Kids Yoga (Kinder-5th) - Katie Simpson
6:15-7:15pm - heated flow - Amie Wilson

Wednesday

5:30-6:30am - heated flow - Grace Sterken
9:00-10:15am - unheated all-levels - Amie Wilson
12:00-1:00pm - heated power/sculpt - Christa Smith
4:30-5:30pm - all-levels - Gina Stainback
6:15-7:15 - heated flow - Gina Stainback

Thursday

5:30-6:30am - heated flow - Joanna Gifford
7:15-8:15am - all-levels - Joanna Gifford
9:00-10:15am - all-levels - Megann Hagmann
4:00-5:00pm - Kids Yoga (6th-8th) - Katie Simpson
7:00-8:00pm - Vin/Yin - Taylor Clark

Friday

5:30-6:30am - heated flow - Grace Sterken
9:00-10:15am - unheated all-levels - Tiffany Honea
12:00-1:00pm - power hour - Megann Hagmann

Saturday

9:00-10:15am - heated flow - Joanna/Elise/Gina
11am-12pm - unheated all-levels - Rotation

Sunday

7:45-8:45am - Sunday Service Yoga - Joanna/Elise/Gina/Megann
8:55-9:15am - Meditation for Beginners - Joanna/Elise/Gina/Megann - FREE TO ALL
12:00-1:00pm - **Ancient Informative Guidance for the Deeper Inward Journey** - a lecture
& meditation series with Katy West - First 3 Sundays of the month & FREE TO ALL
2:30-3:30pm - heated flow - Grace Sterken
5:00-6:00pm - unheated restorative - Colleen Long/Katie Simpson

•We DO have **props** available in studio!

•Each class is limited in time to allow for full sanitizing & re-circulation of air in studio.

•We have **top-of-the-line HEPA/Ozone/UV light air purifiers** in both studio and lobby that run continuously through class and run on the “clean” cycle between classes and overnight.

•**200 Hour Yoga Teacher Training Open House**
January 30 after the 9am class. Come flow and stay after to hear about beFree’s amazing, transformative, intense, and oh-so-worth it Yoga Alliance certified YTT program. Take a deep dive into yoga philosophy, anatomy, and asana.
Learn to teach.

Learn how to serve your community.
YOU ARE READY FOR THIS.

•**Beer & Yoga at Truevine**
Every second Saturday of the month, 10am at Truevine, \$10 gets you a beautiful outdoor yoga class and a beverage of your choice! Some describe this as the perfect Saturday, and we can’t disagree. :)

•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.