

beFree Yoga CENTRAL - Fall 2021

Class Schedule



MONDAY

5:30-6:30am - flow (heated) - Amanda Nelson
9:00-10:15am - all-levels (unheated) - Amie Wilson
12:00-1:00pm - power hour (heated) - Amalia Balser
4:30-5:30pm - all-levels (warm) - Gina Stainback
6:15-7:15pm - flow (heated) - Megann Hagmann

TUESDAY

5:30-6:30am - flow (heated) - Megann Hagmann
7:15-8:15am - all-levels (unheated) - Sarah Carlyle
9:00-10:15am - align (unheated) - Elise Carter
6:15-7:15pm - flow (heated) - Amie Wilson

WEDNESDAY

5:30-6:30am - flow (heated) - Amanda Nelson
9:00-10:15am - all-levels (unheated) - Amie Wilson
12:00-1:00pm - power hour (heated) - Megann Hagmann
4:30-5:30pm - all-levels (warm) - Gina Stainback
6:15-7:15 - flow (heated) - Gina Stainback

THURSDAY

5:30-6:30am - flow (heated) - Megann Hagmann
7:15-8:15am - all-levels (unheated) - Sarah Carlyle
9:00-10:15am - align (unheated) - Elise Carter
6:15-7:15pm - dynamic flow (heated) - Megann Hagmann

FRIDAY

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

SATURDAY

9:00-10:15am - flow (heated) - Tiffany/Elise/Gina
11am-12pm - all-levels (unheated) - rotating staff - \$5 drop-in

SUNDAY

7:45-8:45am - Sunday Beauty (unheated, all-levels) - Amanda
8:55-9:15am - Meditation for Beginners - Amanda
12:00-1:00pm - Silent Meditation Hour with Tim Sherwood - First 3
Sundays of the month & free to all
2:30-3:30pm - flow (heated) - Megann/Gina
5:00-6:00pm - restorative - Katie Simpson/Colleen Long

•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.

• Second Saturday of every month at 10am is Yoga & Beer at True Vine! \$10 for the class and a bevvy of your choice after. Some describe this as the perfect Saturday, and we can't disagree :)

•Book Club with Amie begins on Sept 15! Book club meets every Weds following the 12:15pm class DOWNTOWN. The Sept book is "The Gifts of Imperfection" by Brene Brown

•Full Moon Meditation

Led by Colleen Long, each month you will have the opportunity to take a deep dive into all things lunar - specific breathwork, a guided meditation, journaling exercises, and both aromas and soundscapes to enhance your experience. \$20 at the door, \$15 for members.

•Alignment workshop with Gina & Amie at our Central studio from 2-4pm on September 25. Fine tune your poses, ask all your questions, and have a lot of fun with the process :)

•October 9-10 is our Fall Yoga & Sound Therapy retreat at High Hill Farm! This is one of the most restorative weekends around, with organic, farm-to-table meals, yoga led by beFree and Freedom Yoga, and sound magic from Kenny Kolter. Early bird pricing thru Sept 25.

•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