

# beFree Yoga BOTH STUDIOS - Nov/Dec 2021 - Class Schedule

## MONDAY

5:30-6:30am - flow (heated) - Ashley Nieto - Central  
9:00-10:15am - all-levels (unheated) - Amie Wilson - Central  
12:15-1:00pm - all-levels (unheated) - Amie Wilson - DT  
4:30-5:30pm - all-levels (warm) - Gina Stainback - Central  
5:30-6:30pm - all-levels (unheated) - Amie Wilson - DT  
6:15-7:15pm - flow (heated) - Megann Hagmann - Central  
7:30-8:30pm - Mellow Slow (unheated) - Tiffany Honea - DT

## TUESDAY

5:30-6:30am - flow (heated) - Megann Hagmann - Central  
6:00am-7:00am - flow (unheated) - Meg Stern - DT  
7:15-8:15am - all-levels (unheated) - Sarah Carlyle - Central  
9:00-10:15am - align (unheated) - Elise Carter - Central  
12:15-1:00pm - all-levels (unheated) - Amie Wilson - DT  
5:30-6:30pm - Yoga for Anxiety (unheated) - Susan Oravetz - DT  
6:15-7:15pm - flow (heated) - Amie Wilson - Central  
7:30-8:30pm - Mellow Slow (unheated) - Elise Carter - DT

## WEDNESDAY

5:30-6:30am - flow (heated) - Ashley Nieto - Central  
9:00-10:15am - all-levels (unheated) - Amie Wilson - Central  
12:15-1:00pm - all-levels (unheated) - Amie Wilson - DT  
4:30-5:30pm - all-levels (warm) - Gina Stainback - Central  
5:30-6:30pm - all-levels (unheated) - Amie Wilson - DT  
6:15-7:15 - flow (heated) - Gina Stainback - Central

## THURSDAY

5:30-6:30am - flow (heated) - Megann Hagmann - Central  
6:00am-7:00am - flow (unheated) - Meg Stern - DT  
7:15-8:15am - all-levels (unheated) - Sarah Carlyle - Central  
9:00-10:15am - align (unheated) - Elise Carter - Central  
12:15-1pm - all-levels (unheated) - Elise Carter - DT  
5:30-6:30pm - Yoga for Anxiety (unheated) - Colleen Long - DT  
6:15-7:15pm - dynamic flow (heated) - Megann Hagmann - Central

## FRIDAY

9:00-10:15am - all-levels (unheated) - Tiffany Honea - Central  
10:30-11:30am - Tai Chi (unheated) - Tim Sherwood - DT  
12:15-1pm - all-levels (warm) - Tiffany Honea - DT

## SATURDAY

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

## SUNDAY

7:45-8:45am - Sunday Slow (unheated, all-levels) - Jon Florendo - Central  
8:55-9:15am - Meditation for Beginners - Jon - Central  
12:00-1:00pm - Silent Meditation Hour with Katy West - First 3  
Sundays of the month & free to all - Central  
2:30-3:30pm - flow (heated) - Megann/Gina - Central  
3:00-4:00pm - all-levels (unheated) - Meg Stern - DT  
5:00-6:00pm - restorative - Katie Simpson/Colleen Long - Central

•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 :)

•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.



## THANKSGIVING SCHEDULE:

Wed Nov. 24

5:30am heated flow - Ashley - Central  
9:00am align - Elise - Central  
12pm heated flow - Tiffany - Central  
12:15-1pm all-levels - Elise - DT  
4:30pm warm flow - Gina - Central

Thurs Nov 25

7am Pre-Turkey Flow (warm) - Gina - Central

Fri Nov 26

9am Post Turkey Flow - Megann - Central  
10am Post Turkey Flow - Elise - DT

Sat Nov 27

9am heated flow - Elise - Central  
10am all-levels (\$5 drop-in) - Megann - DT

Sun Nov 28

2:30pm heated flow - Megann - Central  
3pm all-levels - Meg Stern - DT  
5:00pm Restorative - Katie - Central

•Our online schedule can be found at [www.befreeyogatyler.com/classschedule/](http://www.befreeyogatyler.com/classschedule/) and is ALWAYS updated in real time with subs, class cancellations and other changes