

HIPPIE Yoga

As of September 2026

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Teacher</u>
Monday	9:00 AM	Take it Easy	Ivy
	10:30 AM	Hippie Basics	Ivy
	4:30 PM	Peace, Love and a Healthy Back	Julie
	6:00 PM	Hippie Strength	Julie
	7:30 PM	Hippie Basics	Julie
Tuesday	9:00 AM	Groovy Flow	April
	10:30 AM	Take it Easy	April
	5:30 PM	Hippie Chair	Mistie
	6:30 PM	Peace, Love and a Healthy Back	Ivy
	7:45 PM	Peace Frog	Ivy
Wednesday	9:00 AM	Hippie Strength	Monica
	10:30 AM	Peace, Love and a Healthy Back	Monica
	4:30 PM	Hippie Basics	Sarah
	6:00 PM	Groovy Flow	April
	7:30 PM	Peace Out	April
Thursday	9:00 AM	Hippie Basics	Sarah
	10:30 AM	Peace, Love and a Healthy Back	Sarah
	5:30 PM	Hippie Chair	Julie
	6:30 PM	Hippie Strength	Julie
	7:45 PM	Peace, Love and a Healthy Back	Julie
Friday	9:00 AM	Peace Frog	Dee
	10:30 AM	Groovy Flow	Dee
Saturday	9:00 AM	Peace, Love and a Healthy Back	Stephanie
	10:30 AM	Groovy Flow	Stephanie
Sunday	9:00 AM	Hippie Basics	Mistie
	10:30 AM	Take it Easy	Mistie
	7:00 PM	Peace Frog	Jocelyn



You must register in advance as space is limited
www.myhippieyoga.com

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