

RATES for Classes

Drop in Rate \$10

Credit Card, Venmo, PayPal through momoyoga website or C:
or Check payment methods.



January Schedule

ALL CLASSES ARE OFFERED AS A ZOOM OPTION!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 5:00-6:00 pm Athlete Yoga	4 5:30-6:30 am Hatha Flow 5:00-6:00 pm Beginner Flow		6 5:30-6:30 am Yoga w/ Weights 7:00--8:00 pm Restorative	7 *New Class 6:00-7:00 pm Hatha Flow	8	9 8:00-9:00 am Hatha/Flow 9:30-10:30 Chair
10 5:00-6:00 pm Athlete Yoga	11 5:30-6:30 am Hatha Flow 5:00-6:00 pm Beginner Flow	12	13 5:30-6:30 am Yoga w/ Weights 7:00--8:00 pm Restorative	14 6:00-7:00 pm Hatha Flow	15	16 8:00-9:00 am Hatha/Flow 9:30-10:30 Chair
17 5:00-6:00 pm Athlete Yoga	18 5:30-6:30 am Hatha Flow 5:00-6:00 pm Beginner Flow	19	20 5:30-6:30 am Yoga w/ Weights 7:00--8:00 pm Restorative	21 6:00-7:00 pm Hatha Flow	22	23 8:00-9:00 am Hatha/Flow 9:30-10:30 Chair
24 5:00-6:00 pm Athlete Yoga	25 5:30-6:30 am Hatha Flow 5:00-6:00 pm Beginner Flow	26	27 5:30-6:30 am Yoga w/ Weights 7:00--8:00 pm Restorative	28 6:00-7:00 pm Hatha Flow	29	20 8:00-9:00 am Hatha/Flow 9:30-10:30 Chair
31 5:00-6:00 pm Athlete Yoga						