



JANUARY 2026

**\$10 Classes
All Month**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Morning Flow 9AM	5 Vinyasa 6PM	6 Restore w/ Sound 6:30PM	7	8 Vinyasa 6:30PM	9	10 Morning Flow - 8AM Nidra - 4pm
11 Morning Flow 9AM	12 Vinyasa 6PM	13 Restore w/ Sound 6:30PM	14	15 Vinyasa 6:30PM	16 Trap Yoga w/ Tanya 6PM	17 Morning Flow - 8AM Nidra - 4pm
18 Morning Flow 9AM	19 Vinyasa 6PM	20 Restore w/ Sound 6:30PM	21	22 Vinyasa 6:30PM	23 Trap Yoga w/ Tanya 6PM	24 No Class
25 No Class	26 Vinyasa 6PM	27 Restore w/ Sound 6:30PM	28	29 Vinyasa 6:30PM	30 Trap Yoga w/ Tanya 6PM	31 Morning Flow - 8AM Nidra - 4pm

9625 Granby St, Norfolk, Suite 213. - Register for class online