

Happy Dog Yoga

Port Huron & St. Clair Studio
 www.happydogyogastudio.com / 866-853-9274

SCHEDULE IS SUBJECT TO CHANGE - PLEASE CHECK THE WEBSITE FOR UPDATES - ALL CLASSES ARE 1 HOUR UNLESS OTHERWISE SPECIFIED

May Schedule and Calendar of Events

| Monday | Class | Instructor | Studio Location |
|----------------------------|--------------------------------------------------------------------------|---------------------|------------------------|
| 9:00 am | SC Slow Flow | Cecilia Warchol | St. Clair |
| 4:30 pm | PH Beginner Yoga ***75 Minute Class*** | Kim Nesbitt | Port Huron |
| 5:15 pm | SC Vinyasa Flow ***75 Minute Class*** | Cecilia Warchol | St. Clair |
| 6:00 pm | PH Vinyasa Flow | Kim Nesbitt | Port Huron |
| 6:45 pm | SC Beginner Yoga | Kathleen McLain | St. Clair |
| 8:00 pm | SC Vin/Yin | Christina Rzakowski | St. Clair |
| 8:30 pm | PH Candlelight Yin Yoga ***75 Minute Class*** | Katey Morey | Port Huron |
| Tuesday | Class | Instructor | Studio Location |
| 7:30 am | SC Vinyasa Flow | Paul Barr | St. Clair |
| 9:00 am | SC Mixed Levels | Paul Barr | St. Clair |
| 9:00 am | PH Young at Heart | Alice Erickson | Port Huron |
| 10:15am | PH Beginner Yoga | Alice Erickson | Port Huron |
| 5:30 pm | SC Vinyasa Flow | Emilee Hartwig | St. Clair |
| 6:00 pm | PH Mixed Levels | Heather Brown | Port Huron |
| 6:45 pm | SC Beginner Yoga | Emilee Hartwig | St. Clair |
| 7:15 pm | PH Vinyasa Flow | Melissa Winarski | Port Huron |
| 8:30 pm | PH Candlelight Gentle Yoga | Katie Morey | Port Huron |
| Wednesday | Class | Instructor | Studio Location |
| 9:00 am | SC Vin/Yin | Cecilia Warchol | St. Clair |
| 9:00 am | PH Mixed Levels | Heather Brown | Port Huron |
| 4:45 pm | PH Vinyasa Flow ***75 Minute Class*** | Cecilia Warchol | Port Huron |
| 5:30 pm | SC Slow Flow | Tobi Couture | St. Clair |
| 6:15 pm | PH Beginner Yoga | Alice Erickson | Port Huron |
| 6:45 pm | SC Vinyasa Flow | Katie Morey | St. Clair |
| 7:30 pm | PH Meditation Journey w/Gentle Yoga | Heather Brown | Port Huron |
| Thursday | Class | Instructor | Studio Location |
| 9:00 am | SC Beginner Yoga | Emilee Hartwig | St. Clair |
| 9:00 am | PH Young at Heart | Alice Erickson | Port Huron |
| 10:15 am | PH Vin/Yin | Alice Erickson | Port Huron |
| 4:45 pm | PH Vinyasa Flow ***75 Minute Class*** | Cecilia Warchol | Port Huron |
| 5:30 pm | SC Yin Yoga | Tobi Couture | St. Clair |
| 6:15 pm | PH Beginner Yoga | Cecilia Warchol | Port Huron |
| 7:30 pm | PH Candlelight Yin Yoga ***75 Minute Class*** | Heather Brown | Port Huron |
| Friday | Class | Instructor | Studio Location |
| 9:00 am | SC Beginner Yoga | Paul Barr | St. Clair |
| 5:00 pm | PH Happy Hour Yoga ~ \$6.00 drop in fee / All levels welcome | Marleigh Jones | Port Huron |
| 5:00 pm | SC Happy Hour Yoga ~ \$6.00 drop in fee / All levels welcome | Kathleen McLain | St. Clair |
| Saturday | Class | Instructor | Studio Location |
| 8:30 am | PH Vinyasa Flow | Kim Nesbitt | Port Huron |
| 8:30 am | SC Vinyasa Flow | Emilee Hartwig | St. Clair |
| 9:45 am | PH Beginner Yoga | Katie Morey | Port Huron |
| 9:45 am | SC Beginner Yoga | Emilee Hartwig | St. Clair |
| Sunday | Class | Instructor | Studio Location |
| 9:00 am | PH Slow Flow | Marleigh Jones | Port Huron |
| 9:00 am | SC Vinyasa Flow ***75 Minute Class*** | Cecilia Warchol | St. Clair |
| 10:15 am | PH Mixed Levels | Kim Nesbitt | Port Huron |
| 10:30 am | SC Beginner Yoga | Cecilia Warchol | St. Clair |
| 7:30 pm | PH Beginner Yoga | Rhonda Jones | Port Huron |
| Progressive Series | | | |
| Monday | Class | Instructor | Studio Location |
| 7:15 pm | PH Progressive Beginner Series May 1st-June 26th ***MUST PRE-REGISTER*** | Kim Nesbitt | Port Huron |
| Thursday | Class | Instructor | Studio Location |
| 6:45 pm | SC Progressive Beginner Series May 4th-June 22nd ***MUST PRE-REGISTER*** | Emilee Hartwig | St. Clair |
| Saturday | Class | Instructor | Studio Location |
| 11:00 am | PH Progressive Kids Series May 20th-June 17th ***MUST PRE-REGISTER*** | Rhonda Jones | Port Huron |
| 11:00 am | SC Progressive Kids Series May 20th-June 17th ***MUST PRE-REGISTER*** | Emilee Hartwig | St. Clair |
| Special Events & Workshops | | | |
| Sunday May 14th | Mother's Day - all moms practice for FREE! | | Port Huron / St. Clair |
| Monday May 29th | Memorial Day - both studios will be CLOSED! | | Port Huron / St. Clair |