

**Winter Schedule**  
Dec/Jan/Feb



**Port Huron  
& St. Clair Studio**

[www.happydogyogastudio.com](http://www.happydogyogastudio.com) / 866-853-9274 / [info@happydogyogastudio.com](mailto:info@happydogyogastudio.com)

**Port Huron Studio: 2887 Krafft Rd, Suite 1600 / St. Clair Studio: 201 N. Riverside Drive Suite C-10**

<b>MON</b>	9:00-10:00 am	SC Slow Flow	Emilee
	4:45-5:45 pm	PH Slow Flow	Marleigh
	5:30-6:30 pm	SC Vinyasa Flow	Kathleen
	6:30-7:30 pm	PH Intro to Yoga * New Class	Katie
	6:45-7:45 pm	SC Beginner Yoga	Kathleen
<b>TUE</b>	6:15-7:15 am	PH Slow Flow	Rhonda
	7:30-8:30 am	SC Vinyasa Flow	Paul
	9:00-10:00 am	SC Beginner Yoga	Paul
	9:00-10:00 am	PH Young at Heart ***Silver Sneakers Flex Class***	Alice
	4:45-5:45 pm	PH Slow Flow	Marleigh
	5:30-6:30 pm	SC Ashtanga Short Form	Emilee
	6:00-7:00 pm	PH Beginner Yoga	Kathleen
6:45-8:00 pm	SC Yin Yoga *75 minute class	Alyssa/Rhonda	
7:15-8:30 pm	PH Yin Yoga *75 minute class	Kathleen	
<b>WED</b>	9:00-10:00 am	SC Mixed Levels	Emilee
	5:30-6:30 pm	SC Slow Flow	Tobi
	6:00-7:00 pm	PH Slow Flow	Alyssa
	6:45-7:45 pm	SC Vin/Yin	Tobi
	7:15-8:15 pm	PH Gentle Yoga w/15 minutes of meditation	Alyssa
<b>THU</b>	7:30-8:30 am	SC Slow Flow	Marianne
	9:00-10:00 am	SC Beginner Yoga	Emilee
	9:00-10:00 am	PH Young at Heart ***Silver Sneakers Flex Class***	Paul
	10:15-11:15 am	PH Vin/Yin	Paul
	4:45-5:45 pm	PH Vinyasa Flow	Tobi
	6:00-7:00 pm	SC Gentle Yoga w/15 minutes of meditation	Katie
	6:00-7:00 pm	PH Slow Flow	Tobi
	7:15-8:30 pm	PH Yin Yoga *75 minute class	Anthony
<b>FRI</b>	6:15-7:15 am	PH Slow Flow	Rhonda
	7:30-8:30 am	SC Slow Flow	Marianne
	9:00-10:00 am	SC Beginner Yoga	Paul
	5:00-6:00 pm	PH Happy Hour Yoga - 1/2 off class	Anthony
	6:00-7:00 pm	SC Happy Hour Yoga - 1/2 off class	Katie
<b>SAT</b>	8:30-9:30 am	PH Vinyasa Flow	Katie
	8:15-9:30 am	SC Vinyasa Flow *75 minute class	Emilee
	9:45-10:45 am	PH Beginner Yoga	Katie
	9:45-10:45 am	SC Beginner Yoga	Marianne
<b>SUN</b>	8:30-9:30 am	PH Slow Flow	Marleigh
	8:30-9:30 am	SC Slow Flow	Alyssa
	9:45-11:00am	PH Vinyasa Flow *75 minute class	Emilee
	9:45-10:45 am	SC Beginner Yoga	Alyssa
	7:00-8:15 pm	PH Restorative Yoga w/massage *75 minute class	Rhonda/Katie
	7:00-8:15 pm	SC Yin Yoga *75 minute class	Marianne/Anthony