



FEBRUARY OPEN CLASS SCHEDULE

Please check growyogacolumbus.com for most up-to-date class schedule information.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VINYASA							
🧘 Viriyasa Beginner Drop-in		4:30p Abby	6:00p Jenna				
🔧 Viriyasa Level 1 - Karma Class			12:00 Kelli ✨				
🔧 Hot Flow Level 1 & 2		12:00p Anne			6:00p Sally		6:00p Sally
🔧 Hot Fusion Level 1 & 2		6:00a Kelli		9:30a Erin 7:30p Ashley		8:30a Roshida	
🔧 Hot Fusion Level 2			7:30p Erin				
🔧 Slow Flow Level 1 & 2	9:15a Cara		9:15a Cara		9:15a Anne	11:45a Jenna	11:00a Jacquie
SEKOIA							
Sekoia Level 1 & 2	6:15p Alissa M.	9:45a Alissa J.					
Sekoia for Men Level 1 & 2							7:45p Daniel & Jake
HATHA							
🧘 Hatha Beginner Drop-in							2:00p Holly
Hatha Level 1 & 2	7:45p Holly			6:00p Colleen			
ASHTANGA							
🔧 Half Primary Level 1 & 2						10:00a Anne	
🔧 Primary Series Level 2							9:00a Jane
SPECIALTY							
🧘 Yoga for Healing			4:00 Patti**				
AERIAL at YOGA ON HIGH (TTI) Pre-Registration Only. Aerial classes are included in Unlimited Membership or require premium class pass. please visit www.yogaonhigh.com for details.							
🧘 Beginner			5:45p Stella ✨				
Level 1	9:30a Dale Anne ✨			7:00a Rachel ✨			6:15p Rachel ✨
Level 2							7:30p Rachel ✨

🧘 Suitable for those new to yoga 🔧 Heated Class ✨ \$5 Karma Class **Free Class ✨ Pre-registration Required 🕒 Late Start, Check Web for details

Series Classes are subject to change. Please check growyogacolumbus.com for start dates. (TTI) Yoga on High Teacher Training Institute, 1020 Dennison Ave., Suite 201, Columbus

UPCOMING WORKSHOPS (Additional Cost and Pre-Registration Required)

- Valentines Yoga and Poetry with Sally Walsh Roberts / February 13 / 2-4p / \$25
- MELT Method Introduction with Crystal Fauber / March 5 / 4-6p / \$35
- Ignite Your Personal Transformation with Karine Wascher / April 16 / 2:30-4:30p / \$25
- Reiki Level 1 Attunement with Michele Virnbury / April 30 / 2-6p OR May 7 / 2-6p / \$150
- Runner's Workshop with Marcy Freed / May 21 / 2:30-4:30p / \$25