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|  | **YOGA STUDIO OF RICE LAKE CLASS SCHEDULE OCT. 2021**  **All classes $10 CASH OR CHECK no credit/debit cards) Phone: 715-234-2525** | | | | | | |  |
| Sunday | | | Monday | Tuesday | Wednesday | Thursday | Fri | Saturday | | |
|  | | |  |  | **29 SEPTEMBER**  **8:30am Patty** Finding Balance Yoga  **10:00am**  Chair Yoga with **Patty** | **30 SEPT**  **5:30pm Candlelight** Hatha in studio or on Zoom with  with **Jennifer** | 1 | **2 OCTOBER**  **10am** Yoga Hatha Flow - in studio or on Zoom with **Jennifer** | | |
| 3 | | | **4**  **8am**  Stiff Body Yoga with **Patty** | **5**  **5:30pm YogaBuild** with **Melissa** | 6  **8:30am Patty** Finding Balance Yoga  **10:00am**  Chair Yoga with **Patty** | **7**  **5:30pm** Candlelight Hatha in studio or on Zoom with  with **Jennifer** | 8 | **9**  **10am** Yoga Hatha Flow - in studio or on Zoom with **Jennifer** | | |
| 10 | | | **11**  **8am**  Stiff Body Yoga with **Patty** | **12**  **NO CLASS TONIGHT** | **13**  **8:30am Patty** Finding Balance Yoga  **10:00am**  Chair Yoga with **Patty** | **14**  **5:30pm** Candlelight Hatha Flow in studio or on Zoom with  with **Jennifer** | 15 | **16**  **10am** Yoga Hatha Flow - in studio or on Zoom with **Jennifer** | | |
| **17**  **6:30pm** Self Care Sunday: Tranquil Stretch with **Connie** | | | **18**  **8am**  Stiff Body Yoga with **Patty** | **19**  **5:30pm YogaBuild** with **Melissa** | **20**  **8:30am Patty** Finding Balance Yoga  **10:00am**  Chair Yoga with **Patty** | **21**  **NO CLASS TONIGHT** | 22 | **23**  **10am** Yoga Hatha Flow - in studio or on Zoom with **Jennifer** | | |
| 24/31  **6:30pm** Self Care Sunday: Tranquil Stretch with **Connie** | | | **25**  **8am**  Stiff Body Yoga with **Jennifer** | **26**  **5:30pm YogaBuild** with **Melissa** | 27  **8:30am Patty** Finding Balance Yoga  **10:00am**  Chair Yoga with **Patty** | **28**  **5:30pm** Candlelight Hatha in studio or on Zoom with  with **Jennifer** | 29 | **30**  **10am** Yoga Hatha Flow - in studio or on Zoom with **Jennifer** | | |

Saturday Class In person or on Zoom. Download Zoom App, email [yogaunionjenny@gmail.com](mailto:yogaunionjenny@gmail.com) for login info.

**Sometimes, schedules change, please check the website, facebook or signs at the studio - call with questions**

Please provide feedback on preferred class times. Class descriptions on the web site at YogaStudioOfRiceLake.com

**NO PRE-REGISTRATION REQUIRED – DOORS OPEN 10 MINUTES BEFORE CLASS STARTS – BRING A MAT AND WHAT YOU NEED TO BE COMFY**

MASKS REQUIRED TO ENTER THE STUDIO. IF YOU ARE NOT VACCINATED MASKS ARE REQUIRED TO PRACTICE. EACH TEACHER WILL DESCRIBE COVID PROTOCOLS FOR THEIR CLASS. PLEASE BE PATIENT WHILE WE NAVIGATE THE COVID RESURGENCE