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|  | **YOGA STUDIO OF RICE LAKE CLASSES MAY 2022****All classes $10 CASH OR CHECK NO credit/debit cards Phone: 715-234-2525** |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Fri | Saturday |
| 1 | **2****8am** Stiff Body Yoga with **Patty** | **3****5:30pm YogaBuild** with **Melissa** | **4****8:30am** Cultivate Balance Yoga with **Patty****10:00am** Chair Yoga with **Patty** | **5****5:30pm** Hatha in studio or Zoom with **Jennifer** | 6 | **7****10am** Yoga Hatha Flow - in studio or Zoom with **Jennifer** |
| 8 | **9****8am** Stiff Body Yoga with **Patty** | **10****5:30pm YogaBuild** with **Melissa** | **11****8:30am** Cultivate Balance Yoga with **Patty****10:00am** Chair Yoga with **Patty** | **12****5:30pm** Hatha in studio or Zoom with **Jennifer** | 13 | **14****10am** Yoga Hatha Flow - in studio or Zoom with **Jennifer** |
| 15 | **16****8am** Stiff Body Yoga with **Patty** | **17****5:30pm YogaBuild** with **Melissa** | **18****8:30am** Cultivate Balance Yoga with **Jennifer****10:00am** Chair Yoga with **Jennifer** | **19****5:30pm** Hatha in studio or Zoom with **Jennifer** | 20 | **21****10am** Yoga Hatha Flow - in studio or Zoom with **Jennifer** |
| **22** | **23****8am** Stiff Body Yoga with **Jennifer** | **24****5:30pm YogaBuild** with **Melissa** | **25****8:30am** Cultivate Balance Yoga with **Patty****10:00am** Chair Yoga with **Patty** | **26****5:30pm** Hatha in studio or Zoom with **Jennifer** | 27 | **28****10am** Yoga Hatha Flow - in studio or Zoom with **Jennifer** |
| 29 | **30****HAPPY MEMORIAL DAY****NO CLASS** | **31****5:30pm YogaBuild** with **Melissa** | 27**8:30am** Cultivate Balance Yoga with **Patty****10:00am** Chair Yoga with **Patty** | 28**5:30pm** Hatha in studio or Zoom with **Jennifer** | 29 | **30****10am** Yoga Hatha Flow - in studio or Zoom with **Jennifer** |

Saturday and Thursday Class In person or on Zoom. Download Zoom App, email yogaunionjenny@gmail.com for login info.

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

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

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

**MASKS OPTIONAL TO ENTER THE STUDIO**. IF YOU ARE NOT VACCINATED MASKS ARE REQUIRED TO ENTER THE STUDIO. ONCE AT YOUR MAT MASKS MAY BE REMOVED. TEACHERS WILL DISCUSS COVID PROTOCOLS FOR THEIR CLASS. PLEASE BE PATIENT.