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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](mailto: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.