

218 E Walnut Street in downtown Salina, Kansas

A WORK IN PROGRESS
Yoga Studio

Our **weekly class schedule** is on the back & class descriptions are on our website. Come join us morning, noon, or night. **Your first class is FREE.**

3 WAYS TO DONATE FOR CLASSES:

- 1 \$10 Drop-in donation per single class
- 2 \$25 Monthly recurring donation for 5 classes
- 3 \$50 Monthly recurring donation for unlimited classes

NEW STUDENT SPECIAL: One Month Unlimited Classes for \$25
** For college students & out-of-towners, classes are \$5 **

ALL LEVEL Classes for Newbs, Beginners, & Yogis

Any class can be modified to be an ALL LEVELS class. Make sure to read the class descriptions on the website before attempting classes for the first time. It's best to get familiar with the poses and language by attending a slower moving class like **Yin + Yang Yoga Flow** but you are welcome to jump in anywhere, at anytime, & just do what you can.

IAMAWORKINPROGRESS.COM
JOIN OUR FACEBOOK GROUP 'A WORK IN PROGRESS'

WEEKLY YOGA CLASS SCHEDULE

Mondays	8–9am : Yoga + HIIT
	12–1pm : Midday Yoga Flow
	5–5:35pm : Handstand Club
	5:45–7pm : Vinyasa Jukebox
Tuesdays	5:15–6:15am : Power Vinyasa Yoga
	12–1pm : Yin Yoga
	5–5:35pm : Knee, Hip & Ankle Strength
	5:45–7pm : Power Vinyasa Yoga Flow
Wednesdays	5:15–6:15am : Hips & Hams
	8–9:15am : Freestyle Vinyasa Yoga Flow
	12–1pm : Mindful Strength Hatha Yoga
	5:30–6:30pm : Mindful Strength Hatha Yoga
	6:45–8pm : Candlelight Yin Yoga
Thursdays	5:15–6:15am : Cuss & Burn Yoga
	12–1pm : Midday Yoga Flow
	5:45–6:30pm : HIIT
	6:45–8pm : Yin + Yang
Fridays	8–9:15am : Freestyle Vinyasa Yoga Flow
	12–1pm : Yin Yoga: Deep Stretch & Relaxation
	4:30–5:30pm : Yoga + HIIT
	6:45–8pm : Candlelight Yin Yoga
Saturdays	9–10:15am : Power Vinyasa Yoga
	10:30–11:45am : Yin + Yang: Slow Flow & Deep Stretch
	2:30–3pm : (2nd Saturdays ONLY) Yoga with Kids
Sundays	10:30–11:45am : Hatha Yoga
	4–5:15pm : Yin Yoga: Deep Stretch & Relaxation
	5:30–6pm : Candlelight Meditation

Class times are subject to change. Please see our website for current schedule.