

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 \$60 Monthly recurring donation for unlimited classes

NEW STUDENT SPECIAL: One Month Unlimited Classes for \$30
Discounts available for students, out-of-towners & low income.

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 Yoga** or **Yin + Yang** 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 CLASS SCHEDULE

Mondays	9-10am : Vinyasa
	12-1pm : Yin + Yang
	5-5:35pm : Handstand Club
	5:45-6:45pm : Power Vinyasa *Hot 90°
	7-7:45pm : Curvy Gurl Yoga
Tuesdays	5:15-6am : Power Vinyasa (45 minutes) *Hot 90°
	6:15-7am : Power Vinyasa (45 minutes) *Hot 90°
	12-1pm : Yin Yoga
	4-4:45pm : Middle School Yoga
	5:45-6:45pm : Yin + Yang
	7-8pm : *FREE CLASS Yin Yoga
Wednesdays	5:15-6:15am : HIIT (high intensity interval training) Workout
	8:45-9:45am : Vinyasa Yoga
	10-10:45am : Old Guy Yoga
	12-1pm : Yin + Yang
	5:45-6:45pm : Hatha
Thursdays	5:15-6:15am : Yoga +
	12-1pm : Yin Yoga
	4-5pm : Yin + Yang
	5:45-6:45pm : Yoga +
	7-8pm : Restorative Yoga & Meditation
Fridays	9-10am : Vinyasa
	4:30-5:30pm : HIIT & Chill
	6-7pm : Yoga Nidra
Saturdays	9-10:15am : Power Vinyasa (75 minutes) *Hot 90°
	10:30-11:30am : Yin + Yang
Sundays	10:30-11:30am : Hatha Yoga
	3-3:30pm : Meditation
	4-5pm : Yin Yoga
	6-7pm : *FREE CLASS Yoga in Spanish