

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!

5 WAYS TO DONATE FOR CLASSES:

* FIRST TIME MEMBERS **\$30 FOR 30 DAYS UNLIMITED***

* ENROLLED STUDENTS **\$35 MONTHLY UNLIMITED***

- 1** \$15 Drop-in donation per single class
- 2** \$40 Monthly reoccurring donation for 5 classes
- 3** \$65 Monthly reoccurring donation for unlimited classes
- 4** \$50 for a 5 Class Pass (no expiration, shareable)
- 5** \$90 for a 10 Class Pass (no expiration, shareable)

ALL LEVEL Classes for Newbs, Beginners, & Yogis

Any class can be modified to be an ALL LEVELS class. Read the class descriptions on the website before attempting classes for the first time. For beginners we recommend a slower moving class like **Yin Yoga** or **Yin+Yang** but you are welcome to jump in anywhere, at anytime, & do what you can.

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

WEEKLY CLASS SCHEDULE

Mondays	9-10 am : Yoga Sculpt
	12-1pm : Yin + Yang
	5:45-6:45pm : Power Vinyasa *Hot 90°
	7-8pm : Yoga 101: BASICS
Tuesdays	5-6am : Power Vinyasa *Hot 90°
	12-1pm : Yin Yoga
	5:45-6:45pm : Yin + Yang
	7-8pm : Yin Yoga * DONATION ONLY \$1-15
Wednesdays	5:30-6:30am : Yoga Sculpt
	9-10am : Vinyasa
	10:15-11am : Old Guy Yoga
	12-1pm : Yin + Yang
	5:45-6:45pm : Hatha
Thursdays	12-1pm : Yin Yoga
	5:45-6:45pm : Vinyasa
Fridays	9-10am : Vinyasa
	5-6pm : HIIT *FREE CLASS
	6:30-7:30pm : 12-Step Yoga * FREE CLASS
Saturdays	9-10 am : Power Vinyasa *Hot 90°
	10:30-11:30am :Yin+Yang
Sundays	10:30-11:30am : Hatha

Visit our website for details www.iamaworkinprogress.com

Updated 2.5.2024

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