

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!

6 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 recurring donation for 5 classes
- 3 \$65 Monthly recurring donation for unlimited classes
- 4 \$715 Yearly Unlimited check/ACH required, 12th month free
- 5 \$50 for a 5 Class Pass shareable; good for 1 year
- 6 \$90 for a 10 Class Pass shareable; good for 1 year

Classes for Newbs, Beginners, & Yogis

Read the class descriptions on the website before attempting classes for the first time. For beginners we recommend a slower moving class like **Yoga 101: Basics** 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 TRIBE'

WEEKLY CLASS SCHEDULE

Mondays	9–10 am : Yoga Sculpt
	12–1pm : Yin + Yang
	5:45–6:45pm : Power Vinyasa *Hot 90°
Tuesdays	7–8pm : Yoga 101: BASICS
	12–1pm : Yin Yoga
	4:30–5:30pm: Strong Flow
Wednesdays	5:45–6:45pm : Yin+Yang
	5:30–6:30am : Yoga Sculpt
	9–10am : Vinyasa
Thursdays	10:15–11am : Old Guy Yoga
	12–1pm : Yin+Yang
	5:45–6:45pm : Hatha
Fridays	7–7:45am : Pilates
	12–1pm : Yin Yoga
	5:45–6:45pm : Yin Yoga
Saturdays	9–10am : Vinyasa
	12–12:45pm : Chair Yoga
	6:30–7:30pm : 12–Step Yoga *FREE CLASS
Sundays	9–10 am : Power Vinyasa *Hot 90°
	10:30–11:30am : Yin+Yang
	10:30–11:30am : Hatha
	4–5pm : Yin Yoga

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



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