

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. Join us morning, noon, or night.

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 **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	12-1pm : Yin Yoga
	5:45-6:30pm : Mat Pilates
Wednesdays	5:30-6:30am : Yoga Sculpt
	9-10am : Vinyasa
	10:15-11am : Old Guy Yoga
	12-1pm : Yin + Yang
Thursdays	5:45-6:45pm : Hatha
	7-7:45am : Mat Pilates
	12-1pm : Yin Yoga
Fridays	5:45-6:45pm : Yin + Yang
	9-10am : Vinyasa
	12-12:45pm : Chair Yoga
Saturdays	6:30-7:30pm : Yoga for Resilience *FREE CLASS
	9-10 am : Power Vinyasa *Hot 90°
Sundays	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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