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229Yoga.com

Check out our website
& join our mailing list
for special events,
classes, and workshops

WINTER SCHEDULE

Monday

5:30 am ----- Rhythm Ride
9:00 am ----- Basic Hatha Yoga
12:00 pm ----- Barre
5:30 pm ----- Barre
6:00 pm ----- Basic Hatha Yoga
6:00 pm ----- Inter / Adv Vinyasa Yoga

TUESDAY

5:30 am ----- Pilates
9:30 am ----- Barre
12:00 pm ----- Vinyasa Basic/Intermediate Yoga
5:30 pm ----- Barre
6:00 pm ----- Vinyasa Basic/Intermediate Yoga
6:00 pm ----- Burn Indoor Ride
6:30 pm ----- Pilates
7:30 pm ----- Basic Evening Hatha Yoga

WEDNESDAY

5:30 am ----- Burn Indoor Ride
9:00 am ----- Basic Hatha Yoga
12:00 pm ----- Barre
5:30 pm ----- Barre
6:00 pm ----- Intermediate Heated Yoga
6:30 pm ----- Rolling Myofascial Release

THURSDAY

5:30 am ----- Energized Morning Yoga
9:00 am ----- Basic Hatha Yoga
9:30 am ----- Barre
12:00 pm ----- Restorative Yoga
5:30 pm ----- PiYo
5:30 pm ----- Yin Yoga
6:00 pm ----- Burn Indoor Ride
6:30 pm ----- Restorative Yoga
6:30 pm ----- Pilates

FRIDAY

5:30 am ----- Burn Indoor Ride
9:00 am ----- Basic Hatha Yoga
9:30 am ----- PiYo

SATURDAY (Community Classes -Only \$5)

9:00 am ----- Community Indoor Ride
9:00 am ----- Community Basic Yoga
9:30 am ----- Community PiYo

SUNDAY (Community Classes -Only \$5)

2:00 pm ----- Burn Indoor Ride
4:30 pm ----- Barre