

# January

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30am Yin & Restore @ SBBC Maple City  12pm FREE grand opening Gentle Flow @ ReWild TC	2 3pm Gentle Flow & Restore @ ReWild TC	3	4 3pm Gentle Flow & Restore @ ReWild TC	5 5:30pm Gentle Flow & Restore @ SBBC Maple City	6 4:30pm Yin & Restore @ ReWild TC	7 NA
8 9:30am Yin & Restore @ SBBC Maple City	9 3pm Gentle Flow & Restore @ ReWild TC  5:30pm Gentle Flow & Restore @ Camille's Maple City	10 9:15am Yin & Restore @ Camille's Maple City	11 12pm TBCAC staff yoga  3pm Gentle Flow & Restore @ ReWild TC	12 5:30pm Gentle Flow & Restore @ SBBC Maple City	13 4:30pm Yin & Restore @ ReWild TC	14 NA
15 9:30am Yin & Restore @ SBBC Maple City	16 3pm Gentle Flow & Restore @ ReWild TC  5:30pm Gentle Flow & Restore @ Camille's Maple City	17 9:15am Yin & Restore @ Camille's Maple City	18 12pm TBCAC staff yoga  3pm Gentle Flow & Restore @ ReWild TC	19 5:30pm Gentle Flow & Restore @ SBBC Maple City	20 4:30pm Yin & Restore @ ReWild TC	21 NA
22 9:30am Yin & Restore @ SBBC Maple City	23 3pm Gentle Flow & Restore @ ReWild TC  5:30pm Gentle Flow & Restore @ Camille's Maple City	24 9:15am Yin & Restore @ Camille's Maple City	25 12pm TBCAC staff yoga  3pm Gentle Flow & Restore @ ReWild TC	26 5:30pm Gentle Flow & Restore @ SBBC Maple City	27 4:30pm Yin & Restore @ ReWild TC	28 NA
29 9:30am Yin & Restore @ SBBC Maple City	30 3pm Gentle Flow & Restore @ ReWild TC  5:30pm Gentle Flow & Restore @ Camille's Maple City	31 9:15am Yin & Restore @ Camille's Maple City  6-7pm Gentle Flow & Restore North Love TC				

## Notes:

- Class registration required by the night before class day
- SBBC, TBCAC, and Camille's: Register at [www.stillnessandstrengthyoga.com](http://www.stillnessandstrengthyoga.com)
- ReWild Studio: Register at <https://rewildyogastudio.com/>
- Out of town Jan 18-22; subs will be at both ReWild and SBBC
- Welcome to bring own props; used in every class

