

# Yoga Classes @ Olathe Holistic - January

# 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Instructor: Stacia Fox, Olathe Yoga	Schedule as of 1.1.25. Note: Schedule is subject to change.	1	2	3	4	11am-Noon Intro to Yoga (6 spots) 5
6	10:30 – 11:20 Chair Yoga (10 spots) 7	8	5pm – 6pm Hatha Flow (6 spots) 6:30 – 7:30 Restorative Yoga (8 spots) 9	10	11	12
13	10:30 – 11:20 Chair Yoga (10 spots) 14	Noon – 12:50pm Baby Bonding Yoga (8 spots+8 infants) 15	5pm – 6pm Hatha Flow (6 spots) 6:30 – 7:30 Restorative Yoga (8 spots) 16	17	<b>11am – 2pm Grand Opening! Join us for a Soundbath, Tour + Snacks!</b> 2pm – 3pm Intro to Yoga (6 spots) 18	19
20	10:30 – 11:20 Chair Yoga (10 spots) 21	22	5pm – 6pm Hatha Flow (6 spots) 6:30 – 7:30 Restorative Yoga (8 spots) 23	24	25	26
27	10:30 – 11:20 Chair Yoga (10 spots) 28	Noon – 12:50pm Baby Bonding Yoga (8 spots+8 infants) 29	30	31		