



January '25 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
45min Salt Cave sessions begin at the top of each hour: Monday-Friday 10am-6pm Saturday 11am-5pm Sunday 1pm-3pm	Must sign up for classes at least 75 minutes in advance! Underlined events are special pricing. Please ask for details! Must pre-register by 5pm the day before event.	Receive \$10 off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a Thai Yoga stretch or massage. 270-799-8070 www.behappybg.com	1 10:30am New Year's Yoga then Salt	2 9:45am Slow Flow 11:15am Intro to CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga 3:45pm Integral Yoga 5:30pm Gentle/Level 1 6:45pm Slow Flow	3 YTT 9:15am Level 1 Yoga 10:30am Gentle Yoga 3:30pm Restorative + Salt	4 YTT 8:15am Rhythmic Yoga 9:30am Yoga then Salt
5 1:30pm Beginners to Basics 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	6 9:15am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 1:30pm Chair Yoga 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	7 7:30am Rise & Shine Flow 8:45am Mommy & Me Yoga 10am Yahweh Gentle/Level 1 1:45pm Slow Flow 5:30pm Restorative + Salt 7pm Yoga Fusion	8 9:15am Gentle Yoga 11:15am CoreFirst Pilates 1:45pm Flow + Restore 6:45pm Rhythmic Yoga	9 9:45am Slow Flow 11:15am Intro to CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga 3:45pm Integral Yoga 5:30pm Gentle/Level 1 6:45pm Slow Flow	10 9:15am Level 1 Yoga 10:30am Gentle Yoga 3:30pm Restorative + Salt	11 9:30am Yoga then Salt 11am Kids' Yoga IN the Salt Cave 11am Vinyasa Flow 12:30pm Intro to Corefirst
12 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	13 9:15am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 1:30pm Chair Yoga* 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	14 7:30am Rise & Shine Flow 8:45am Mommy & Me Yoga 10am Yahweh Gentle/Level 1 1:45pm Slow Flow 5pm Guided Deep Relaxation in the Salt Cave 5:30pm Restorative + Salt 7pm Yoga Fusion	15 9:15am Gentle Yoga 11:15am CoreFirst Pilates 1:45pm Flow + Restore 6:45pm Rhythmic Yoga	16 9:45am Slow Flow 11:15am Intro to CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga 3:45pm Integral Yoga 5:30pm Gentle/Level 1 6:45pm Slow Flow	17 9:15am Level 1 Yoga 10:30am Gentle Yoga 3:30pm Restorative + Salt	18 8:15am Rhythmic Yoga 9am-12pm Be Happy Open House Be the Editor of Your Life - Workshop
19 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	20 9:15am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 1:30pm Chair Yoga* 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	21 8:45am Mommy & Me Yoga 10am Yahweh Gentle/Level 1 1:45pm Slow Flow 5:30pm Restorative + Salt 7pm Yoga Fusion	22 9:15am Gentle Yoga 11:15am CoreFirst Pilates 1:45pm Flow + Restore 6pm Yoga in the Salt Cave 6:45pm Rhythmic Yoga	23 9:45am Slow Flow 11:15am Intro to CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga 3:45pm Integral Yoga 5:30pm Gentle/Level 1 6:45pm Slow Flow	24 9:15am Level 1 Yoga 10:30am Gentle Yoga 3:30pm Restorative + Salt 5:30pm Yoga then Wine	25 8:15am Rhythmic Yoga 9:30am Yoga then Salt 11am Vinyasa Flow 12:30pm Intro to Corefirst
26 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	27 9:15am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 1:30pm Chair Yoga* 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	28 8:45am Mommy & Me Yoga 10am Yahweh Gentle/Level 1 1:45pm Slow Flow 5:30pm Restorative + Salt 7pm Yoga Fusion	29 9:15am Gentle Yoga 11:15am CoreFirst Pilates 1:45pm Flow + Restore 6:45pm Rhythmic Yoga	30 9:45am Slow Flow 11:15am Intro to CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga 3:45pm Integral Yoga 5:30pm Gentle/Level 1 6:45pm Slow Flow	31 YTT 9:15am Level 1 Yoga 10:30am Gentle Yoga 3:30pm Restorative + Salt	Susan Beshka Alesia Mary Liz Julie Lindsey Zoe Sheila Trudy Frances Shigeko Maria Angela Morgan Virginia DeAnn