



January Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>We are closed. Happy New Year!</p>	<p>2</p> <p>9:15am Restorative Yoga 12:15pm Midday All Levels 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights!</p>	<p>3</p> <p>9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 4pm Beginners to Basics 5:45pm Restorative Yoga then Salt</p>	<p>4</p> <p>9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>5</p> <p>9:45am Slow Flow 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow</p>	<p>6</p> <p>9:15am Level 1 Yoga 10:45am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt</p>	<p>7</p> <p>9:30am Yoga then Salt! 12:30pm CoreFirst Intro 1:30pm iRest Yoga 3pm CoreFirst Intro</p>
<p>8</p> <p>1:30pm Beginners to Basics* 3pm Yoga then Salt</p>	<p>9</p> <p>9:15am Restorative Yoga 11:30am CoreFirst - Full Body 12:15pm Midday All-Levels 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights!</p>	<p>10</p> <p>9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 4pm Beginners to Basics 5:45pm Restorative Yoga then Salt</p>	<p>11</p> <p>9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 1:30pm CoreFirst - Upper Body 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>12</p> <p>9:45am Slow Flow 1:30pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow</p>	<p>13</p> <p>9:15am Level 1 Yoga 10:45am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 1:30pm CoreFirst - Lower Body 3:30pm Restorative Yoga then Salt</p>	<p>14</p> <p>9:30am Yoga then Salt! 11am Yin-Yang Yoga 1:30pm iRest Yoga</p>
<p>15</p> <p>1:30pm Beginners to Basics* 3pm Yoga then Salt</p>	<p>16</p> <p>9:15am Restorative Yoga 11:30am CoreFirst - Full Body 12:15pm Midday All-Levels 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights!</p>	<p>17</p> <p>9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 4pm Beginners to Basics* 5:45pm Restorative Yoga then Salt</p>	<p>18</p> <p>9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 1:30pm CoreFirst - Upper Body 5pm Prenatal Yoga 6pm Guided Relaxation and Breathwork in the Salt Cave 6:30pm Slow Flow</p>	<p>19</p> <p>9:45am Slow Flow 1:30pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga 6pm Yoga in the Salt Cave 7pm Vinyasa Flow</p>	<p>20</p> <p>9:15am Level 1 Yoga 10:45am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 1:30pm CoreFirst - Lower Body 3:30pm Restorative Yoga then Salt</p>	<p>21</p> <p>9:30am Yoga then Salt! 11am Yin-Yang Yoga 11am Kids Yoga in the Salt Cave 1:30pm iRest Yoga 4:30pm Yoga then Margaritas</p>
<p>22</p> <p>1:30pm Beginners to Basics* 3pm Yoga then Salt</p>	<p>23</p> <p>9:15am Restorative Yoga 11:30am CoreFirst - Full Body 12:15pm Midday All-Levels 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights!</p>	<p>24</p> <p>9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 4pm Beginners to Basics* 5:45pm Restorative Yoga then Salt</p>	<p>25</p> <p>9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 1:30pm CoreFirst - Upper Body 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>26</p> <p>9:45am Slow Flow 1:30pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow</p>	<p>27 YTT</p> <p>9:15am Level 1 Yoga 10:45am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 1:30pm CoreFirst - Lower Body 3:30pm Restorative Yoga then Salt</p>	<p>28 YTT</p> <p>9:30am Yoga then Salt! 1:30pm iRest Yoga</p>
<p>29 YTT</p> <p>3pm Yoga then Salt</p>	<p>30</p> <p>9:15am Restorative Yoga 11:30am CoreFirst - Full Body 12:15pm Midday All-Levels 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights!</p>	<p>31</p> <p>9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 4pm Beginners to Basics* 5:45pm Restorative Yoga then Salt</p>	<p>Receive \$10 off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a Thai Yoga or massage treatment www.behappybg.com 270-799-8070 !</p>	<p>45min Salt Cave sessions begin at the top of each hour: Monday-Friday 10am-6pm Saturday 11am-5pm Sunday 1pm-3pm</p>	<p>Must sign up for classes at least 1 hour in advance! Underlined events are special pricing. Please ask for details! *Must pre-register by 5pm the day before the event.</p>	<p>Susan Trudy Beshka Frances Shigeko Angie DeAnn Sheila Angela</p> <p>Chie Gina Virginia Alesia Mary Maria Allie Liz</p>