

beFree Yoga - TRANSITIONAL May/June 2022

Class Schedule

MONDAY

6:00-7:00am - flow (heated) - Ashley Nieto - Downtown
9:00-10:15am - all-levels (unheated) - Amie Denson - Downtown
12:15-1:00pm - flow - Amie Denson - Downtown
4:30-5:30pm - all-levels (warm) - Gina Stainback - Downtown
6:15-7:15pm - flow (heated) - Megann Hagmann - Downtown
7:30-8:30pm - yin/mellow (unheated) - Tiffany Honea - Downtown

TUESDAY

6:00-7:00am - flow (heated) - Meg Stern - Downtown
7:05-8:20am - all-levels (unheated) - Sarah Carlyle - Downtown
9:00-10:15am - align (unheated) - Elise Carter - Downtown
12:15-1:00pm - flow - Amie Denson - Downtown
6:15-7:15pm - flow (heated) - Ashley Nieto - Downtown
7:30 - 8:30pm - yin/mellow (unheated) - Elise Carter - Downtown

WEDNESDAY

6:00-7:00am - flow (heated) - Ashley Nieto - Downtown
9:00-10:15am - all-levels (unheated) - Amie Denson - Downtown
12:15-1:00pm - flow (unheated) - Amie Denson - Downtown
1:00-2:00pm - book club - Amie Denson - Downtown
4:30-5:30pm - all-levels (warm) - Gina Stainback - Downtown
6:15-7:15 - flow (heated) - Gina Stainback - Downtown

THURSDAY

6:00-7:00am - flow (heated) - Meg Stern - Downtown
7:05-8:20am - all-levels (unheated) - Sarah Carlyle - Downtown
9:00-10:15am - align (unheated) - Elise Carter - Downtown
12:15-1:00pm - flow - Elise Carter - Downtown
6:15-7:15pm - Yoga For Anxiety (unheated) - Colleen - Downtown
7:30-8:30pm - Tai Chi (unheated) - Tim Sherwood - Downtown

FRIDAY

9:00-10:15am - all-levels (unheated) - Tiffany Honea - Downtown
10:30-11:30am - Tai Chi (unheated) - Tim Sherwood - Downtown
12:15-1:00pm - flow - Tiffany Honea - Downtown
6:15-7:30pm - Yoga Meltdown (heated) - Megann - Downtown

SATURDAY

9:00-10:15am - flow (heated) - Tiffany/Elise/Gina - Downtown
10:00-11:15am - POP UP, location shifts
11:00am-12:00pm - all-levels (unheated) - rotating staff - \$5 drop-in - Downtown

SUNDAY

7:45-8:45am - Sunday Service (unheated, all-levels) - rotating staff - Downtown
8:55-9:15am - Meditation for Beginners - rotating staff - Downtown
12:00-1:00pm - Silent Meditation Hour with Katy West - First 3 Sundays of the month & free to all - Downtown
3:00-4:00pm - flow (heated) - Meg Stern - Downtown
5:00-6:00pm - restorative - Lori Flick - Downtown

SPECIAL EVENTS/INFO:

- Our 6th annual Summer Challenge begins June 2! Sign up in studio for prizes, accountability, community & more.
- We have top-of-the-line HEPA/Ozone/UV light air purifiers in both studio and lobby that run continuously through class and run on the “clean” cycle between classes and overnight.
- Second Saturday of every month at 10am is Yoga & Beer at True Vine! \$10 for the class and a bevvy of your choice after. Some describe this as the perfect Saturday, and we can't disagree :)
- Book Club with Amie is back! Book club meets every Weds following the 12:15pm class DOWNTOWN.
- Full Moon Meditation
Led by Colleen Long, each month you will have the opportunity to take a deep dive into all things lunar - specific breathwork, a guided meditation, journaling exercises, a beautiful soundbath, and intentional ceremony. \$20 at the door, \$15 for members.



•Our online schedule can be found at www.befreeyogatyler.com/classschedule/ and is ALWAYS updated in real time with subs, additional locations, class cancellations and other changes