

# BYS December Schedule

| Monday  | Tuesday                                      | Wednesday                         | Thursday  | Friday  | Saturday   | Sunday     |
|---|--|-----------------------------------|---|---|--|------------|
| 5<br><u>Full Body Power Flow</u>                                | 6<br><u>NEW CLASS Hands Free Sunday Flow</u> | 7<br><u>30 Min Cardio Flow</u>    | 8<br><u>A Twisty Treat</u>                      | 9<br><u>BY Studio Full Body Challenge</u>       | 10<br><u>Total Body Tension Takedown</u>                       | 11<br>REST |
| 12<br><u>Energy Boost</u>                                       | 13<br><u>30 Minute Flow For Relaxation</u>   | 14<br><u>45 Minute Sweat Sesh</u> | 15<br><u>Yoga For When You're Feeling Antsy</u> | 16<br><u>#WhateverErin Full Body Power Flow</u> | 17<br><u>The Next Best Thing To A Nap</u>                      | 18<br>REST |
| 19<br><u>Yin For When You Need To Gain A Little Perspective</u> | 20<br><u>Just The Next Right Thing</u>       | 21<br><u>Firey Power Flow</u>     | 22<br><u>Nourishing Yoga to Fix Overwhelm</u>   | 23<br><u>The Power Within</u>                   | 24<br><u>Yoga To Chill The F Out</u>                           | 25<br>REST |
| 26<br><u>Let That -Ish Go</u>                                   | 27<br><u>Yin Immersion to De-Socialize</u>   | 28<br><u>Zombie recovery</u>      | 29<br><u>Totally Seated Supine Flow</u>         | 30<br><u>Strong And Supple Full Body Flow</u>   | 31<br><u>Yoga for when You Feel Like You've Given Too Much</u> | 1<br>REST  |

## Notes

This festive season, enjoy some Winter Warmers - high energy classes to get the blood pumping- mixed with some chill vibes to get through the stress that the holidays can often bring.

