



Class Schedule Summer 2024

Yoga Tree
110 S 7th Street
Hotchkiss, CO
970-872-3377
www.hotchkissyogatree.com

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|---|----------|
| | 8-9 AM Mixed Levels w/ Elise | | 8-9AM Mixed Levels w/ Elise | | 8-8:45 AM Functional Breathing w/ Derek | |
| 9-10 AM Mixed Levels w/ Elise | | 8:30-10AM Level II w/ Nancy | | 8:30-10 AM Level II w/ Nancy | 9-10 AM Therapeutic Yoga w/ Katy | |
| 10:15-11:15 AM Functional Breathing w/ Derek | | 10:30-11:30 AM Gentle w/ Nancy | 10:30-11:45 AM Yin Yoga w/ Sarsa | 10:30-11:30 AM Gentle w/ Nancy | | |
| | 12-1 PM Music & Movement w/ Vasi | | | | | |
| | | | | 3:30-4:30PM Functional Breathing w/ Derek | | |
| | 5:30-6:30 PM Functional Breathing w/ Derek | | | 4:30-5:30PM Mixed Levels w/ Nancy | | |