



Class Schedule Spring 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00-9:00 AM Mixed Levels w/ Elise		8:00-9:00 AM Mixed Levels w/ Elise			9:30-10:30 AM Vinyassa w/ Zia
9:00-10:00 AM Mixed Levels w/ Elise	9:30-10:30AM Slow Flow w/Chloe	8:30-10 AM Level II w/ Nancy	9:30-10:45 AM Yin Yoga w/ Sarsa	8:30-10 AM Level II w/ Nancy	9:00-10:00 AM Therapeutic Yoga w/ Katy	11:00-Noon Hatha Yoga w/ Carol
10:15-11:15AM Breath Meditation w/ Derek		10:30-11:30 AM Gentle w/ Nancy		10:30-11:30 AM Gentle w/ Nancy		12:15-1:15 PM Yin Yoga w/ Carol
	4:30-5:30 PM Functional Breathing w/ Derek	4:30-5:30 PM Slow Flow w/ Chloe	4:30-5:30 PM Therapeutic Yoga w/ Katy	4:30-5:30 PM Mixed Levels w/ Nancy	4:30-5:30 PM Hatha Yoga w/Carol	
	5:30-6:30 PM Functional Breathing w/ Derek				5:30-6:30 PM NEW! Nada Yoga w/ Carol	