Core Energy™ Hot Yoga

12651 ANTIOCH. OVERLAND PARK, KS 66213 • PH.913.232.6407

STRETCH CONNECT LOVE COMMUNITY BODY STRENGTH PRESENCE GROW YOGA BREATHE PEACE EASE

SIGN UP ONLINE FOR CLASSES
WWW.COREENERGYKC.COM

STAY PRESENT WITH ONLINE SCHEDULE FOR UPDATES

CORE ENERGY YOGA KC @CORE_ENERGYKC

POWER vinyasa SCHEDULE

CLASSES ARE ALL LEVELS WELCOME

MONDAY		
6:00 - 7:00am	**CORE** Vinyasa	CAROLINE / NICI
9:00 - 10:15am	**CORE** Vinyasa	MARIANA
12:00 - 1:00pm	**CORE** Vinyasa	NICI
5:30 - 6:30pm	**CORE** Vinyasa	SUSAN
7:00 - 8:15pm	**CORE** Vinyasa	SUSAN / KELLI
TUESDAY		
6:00 - 7:00am	**CORE** Vinyasa	KELLI
9:00 - 10:15am	**CORE** Vinyasa	CANDY
12:00 - 1:00pm	**CORE** Vinyasa	SUSAN
4:15 - 5:15pm	**CORE** Vinyasa	LINDSAY
5:30 - 6:30pm	**CORE** Vinyasa	LINDSAY
WEDNESDAY		
6:00 - 7:00am	**CORE** Vinyasa	SUSAN
9:00 - 10:15am	**CORE** Vinyasa	SUSAN
10:30 - 11:30am	**CORE** Vinyasa	HEATHER / TRACY
12:00 - 1:00pm	**CORE** Vinyasa	ALI
5:30 - 6:30pm	**CORE** Vinyasa	AMY
7:00 - 8:15pm	**CORE** Vinyasa	AMY
THURSDAY		
6:00 - 7:00am	**CORE** Vinyasa	NICI
9:00 - 10:15am	**CORE** Vinyasa	SUSAN
12:00 - 1:00pm	**CORE** Vinyasa	SUSAN
4:15 - 5:15pm	**CORE** Vinyasa	AMY
5:30 - 6:30pm	**CORE** Vinyasa	AMY
FRIDAY		
6:00 - 7:00am	**CORE** Vinyasa	LINDSAY
9:00 - 10:15am	**CORE** Vinyasa	CANDY
12:00 - 1:00pm	**CORE** Vinyasa	NICI
5:30 - 6:30pm	**CORE** Vinyasa	MARIANA
	RE:STORE [Every 4th Friday]	PEGGY
SATURDAY		
7:30 - 8:30am	**CORE** Vinyasa	NICI
9:00 - 10:15am	**CORE** Vinyasa	AMY
11:00 - 12:00pm	**CORE** Vinyasa	AMY
SUNDAY		
7:30 - 8:30am	**CORE** Vinyasa	MARIANA
9:00 - 10:15am	**CORE** Vinyasa	SUSAN
11:00 - 12:00pm	**CORE** Vinyasa	SUSAN
4:00 - 5:00pm	**CORE** Community	TEACHER ROTATION

ARRIVE 15 MINUTES BEFORE YOUR FIRST CLASS

COMMUNITY CLASSES $10 DONATION APPRECIATED