

WELLNESS ON THE ROAD

SUMMER YOGA CLASSES

All yoga classes are at no additional charge for lodging guests.

7a classes on Lodge Condo Lawn & 6:30p Firebrand Rooftop class are both open to the public for a suggested minimum donation of \$10 that will go directly to the Nate Chute Foundation.

LODGE AT WHITEFISH LAKE

FIREBRAND HOTEL

Hotel guests, please bring your room key to class to verify your lodging.

SUN	MON	TUE	WED	THUR	FRI	SAT
7a Condo Lawn	7a Condo Lawn	7a Condo Lawn	7a Condo Lawn	7a Condo Lawn	7a Condo Lawn	7a Condo Lawn
8:30a Yoga Hive Studio						8:30a Rooftop Yoga Hive
	9a Yoga Hive Studio	9a Yoga Hive Studio	9a Rooftop Yoga Hive	9a Yoga Hive Studio	9a Yoga Hive Studio	
		10a Viking Lawn Yoga Hive		10a Viking Lawn Yoga Hive		10a Viking Lawn Yoga Hive
					10:30a SUP Marina Yoga Hive	
		4:30p Yoga Hive Studio				
				5:30p Yoga Hive Studio		
6p Yoga Hive Studio	6p Yoga Hive Studio	6p Yoga Hive Studio	6p Yoga Hive Studio			
				6:30p Rooftop		
	7:30p Yoga Hive Studio	7:30p SUP Marina Yoga Hive				

**Get
10% OFF
at the Lodge
Coffee Dock or
The Firebrand
Restaurant after
your Yoga class!**

Hourly shuttles depart from The Lodge at the top of the hour from 7a-11p & depart from The Firebrand at 10 past the hour.

Yoga Hive Classes : Meet at the fireplace in the Main Lodge 15 minutes prior to class. SUP classes meet at the Lodge Marina. Yoga Hive Studio is located at 407 E. First Street in downtown Whitefish. yogahivemontana.com