

WELLNESS ON THE ROAD

YOGA HIVE CLASSES

WHITEFISH STUDIO | 407 E. FIRST AVENUE

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

SUN	MON	TUE	WED	THUR	FRI	SAT
		7a Rise & Flow	7a Rise & Flow		7a Rise & Flow	
8:30a Soulful Sunday						8:30a Vinyasa
	9a Hatha	9a Himalayan Vinyasa		9a Vinyasa	9a Himalayan Gentle	10a Lodge at WF Lake*
		10:30a Meditation				
		5:30p Himalayan Hatha				
6p Restorative	6p Vinyasa		6p Vin Yin	6p Energy Medicine		
		6:45p Kundalini				



Scan the QR Code or visit YogaHiveMontana.com for more info.

7:30p
Community
Flow

* Saturday classes at the Lodge at Whitefish Lake include a complimentary mimosa after class.

