



WELLNESS ON THE ROAD

SUMMER YOGA CLASSES

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

Lodge Classes : Meet on the ground floor of the Main Lodge, by the sitting area, 15 minutes before the scheduled class start time. **Yoga Hive Studio :** 407 E. First Street in downtown Whitefish. Visit yogahivemontana.com for more details.

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
		8:30a Yoga Hive Whitefish Studio		8:30a Yoga Hive Whitefish Studio		
9a Yoga Hive Gentle Yoga by the Lake	9a Yoga Hive Gentle Flow or Yin by the Lake		9a Yoga Hive Yin or Hatha by the Lake		9a Yoga Hive Hatha or Gentle by the Lake	9a Yoga Hive Vinyasa by the Lake
	10a Yoga Hive Whitefish Studio	10a Yoga Hive Whitefish Studio	10a Yoga Hive Whitefish Studio	10a Meraki Barre by the Lake	10a Yoga Hive Whitefish Studio	10a Yoga Hive FB Rooftop starts 7/4
				4:30a Yoga Hive Whitefish Studio		
		5:30a Yoga Hive Whitefish Studio		5:30a Yoga Hive Whitefish Studio		
6p Yoga Hive Whitefish Studio	6p Yoga Hive Whitefish Studio		6p Yoga Hive Whitefish Studio			
		7p Meraki Evening Unwind by the Lake				

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 8a-11p & depart from The Firebrand at 10 past the hour.