

# WELLNESS ON THE ROAD

## YOGA HIVE CLASSES

WHITEFISH STUDIO | 407 E. FIRST STREET

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						
	9a Hatha	9a Himalayan Vinyasa		9a Vinyasa Flow	9a Himalayan Gentle	
						10a@ Lodge at WF Lake
		4:30p Himalayan Hatha				
					5p Magic Friday	
				5:30p Energy Medicine		
6p Restorative	6p Hatha	6p Kundalini	6p Vin Yin	<i>Hourly shuttles depart from The Lodge at the top of the hour from 7a-11p &amp; depart from The Firebrand at 10 past the hour.</i>		



Scan the QR Code or visit [YogaHiveMontana.com](http://YogaHiveMontana.com) for more info.

