

# VINYASA MODERATE THEMES: JAN-MAR 2026

TUESDAYS 9-10AM		WEDNESDAY 6:45-7:45PM		FRIDAYS 6:45-7:45PM	
Date	Theme	Date	Theme	Date	Theme
				Jan 2	Hips & Legs
Jan 6	Spine & Core	Jan 7	Whole Body	Jan 9	Shoulder & Arms
Jan 13	Hips & Legs	Jan 14	Spine & Core	Jan 16	Whole Body
Jan 20	Shoulder & Arms	Jan 21	Hips & Legs	Jan 23	Spine & Core
Jan 27	Whole Body	Jan 28	Shoulder & Arms	Jan 30	Hips & Legs
Feb 3	Spine & Core	Feb 4	Whole Body	Feb 6	Shoulder & Arms
Feb 10	Hips & Legs	Feb 11	Spine & Core	Feb 13	Whole Body
Feb 17	Shoulder & Arms	Feb 18	Hips & Legs	Feb 20	Spine & Core
Feb 24	Whole Body	Feb 25	Shoulder & Arms	Feb 27	Hips & Legs
Mar 3	Spine & Core	Mar 4	Whole Body	Mar 6	Shoulder & Arms
Mar 10	Hips & Legs	Mar 11	Spine & Core	Mar 13	Whole Body
Mar 17	Shoulder & Arms	Mar 18	Hips & Legs	Mar 20	Spine & Core
Mar 24	Whole Body	Mar 25	Shoulder & Arms	Mar 27	Hips & Legs
Mar 31	Spine & Core				