



# HOUSTON IYENGAR YOGA S • T • U • D • I • O

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SPRING STREET STUDIOS | 1824 Spring Street #207 | Houston, TX 77007 | [www.houstoniyengaryogastudio.com](http://www.houstoniyengaryogastudio.com) | 713.527.9100

## WINTER 2022 • Class Schedule • Jan. 13–March 16

### SUNDAY

4:00–5:30pm

Level 2 • Jimena

### MONDAY

11:00am–12:30pm

50+ class • Constance

Zoom

6:00–7:30pm

Level 2 • Jimena

### TUESDAY

11:00am–12:30pm

Level 2 • Constance

Zoom

6:00–7:30pm

Level 2 • Joyce

### WEDNESDAY

11:00am–12:30pm

Level 1 • Constance

6:00–7:30pm

Level 1 • Constance

### THURSDAY

Zoom

9:00–10:30am

Level 2 • Constance

Zoom

11am–12:30pm

50+ • Constance

Zoom

6:00–7:30pm

Level 2 • Joyce

### FRIDAY

Zoom

10am–11:30pm

Level 1 • Deb

### SATURDAY

7:30–8:15am • Pranayama • Constance  
(permission required)

8:30–10:00am

Level 2 • Constance

10:30am–12:00pm

Level 1 • Jimena

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## FREE INTRODUCTORY CLASSES Jan. 8–12, 2022

**SAT. JAN. 8**

10:30am–noon

Level 1 • Jimena

**MON. JAN. 10**

11:00am–12:30pm

50+ • Constance

**WED. JAN. 12**

11:00am–12:30pm

Level 1 • Constance

**WED. JAN. 12**

11:00am–12:30pm

Level 1 • Constance