



KCFITNESSLINK CLASS SCHEDULE

January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Tantra Yoga 8:30-9:30 p.m.	2	3 Tantra Yoga 8:30-9:30 p.m.	4	5	6 Tantra Yoga 11:30-12:30 p.m.	7
8 Tantra Yoga 8:30-9:30 p.m.	9	10 Tantra Yoga 8:30-9:30 p.m.	11	12	13 Tantra Yoga 11:30-12:30 p.m.	14 Workshop: Intro to Yoga 2:00-4:30 p.m.
15 Tantra Yoga 8:30-9:30 p.m.	16	17 Tantra Yoga 8:30-9:30 p.m.	18	19	20 Tantra Yoga 11:30-12:30 p.m.	21
22 Tantra Yoga 8:30-9:30 p.m.	23	24 Tantra Yoga 8:30-9:30 p.m.	25	26	27 Tantra Yoga 11:30-12:30 p.m.	28
29 Tantra Yoga 8:30-9:30 p.m.	30	31 Tantra Yoga 8:30-9:30 p.m.	1	2	3 Tantra Yoga 11:30-12:30 p.m.	4

Class Descriptions

Tantra Yoga: A style of yoga combining power yoga and tantra (clothes off).

Intro to Yoga: A practical and theoretical workshop that delves into the history, practice of yoga and the use of props.

Note: All classes require prior registration due to limited class numbers. Registration can be done by phone or e-mail.

Phone: 816.256.4443

E-mail: info@kcfitnesslink.com



KCFITNESSLINK CLASS SCHEDULE

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 Tantra Yoga 8:30-9:30 p.m.	30	31 Tantra Yoga 8:30-9:30 p.m.	1	2	3 Beg. Power Yoga 9:30-10:30 a.m. Tantra Yoga 11:30-12:30 p.m.	4
5 Tantra Yoga 8:30-9:30 p.m.	6	7 PowerHour 6:30-7:30 p.m. Tantra Yoga 8:30-9:30 p.m.	8	9	10 Beg. Power Yoga 9:30-10:30 a.m. Tantra Yoga 11:30-12:30 p.m.	11 Workshop Partner Yoga 5:00-7:30 p.m.
12 Tantra Yoga 8:30-9:30 p.m.	13	14 PowerHour 6:30-7:30 p.m. Tantra Yoga 8:30-9:30 p.m.	15	16	17 Beg. Power Yoga 9:30-10:30 a.m. Tantra Yoga 11:30-12:30 p.m.	18
19 Tantra Yoga 8:30-9:30 p.m.	20	21 PowerHour 6:30-7:30 p.m. Tantra Yoga 8:30-9:30 p.m.	22	23	24 Beg. Power Yoga 9:30-10:30 a.m. Tantra Yoga 11:30-12:30 p.m.	25
26 Tantra Yoga 8:30-9:30 p.m.	27	28 PowerHour 6:30-7:30 p.m. Tantra Yoga 8:30-9:30 p.m.	1	2	3 Beg. Power Yoga 9:30-10:30 a.m. Tantra Yoga 11:30-12:30 p.m.	4 Workshop: Intro to Yoga 2:00-4:30 p.m.
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Tantra Yoga: A style of yoga combining power yoga and tantra (clothes off).

Intro to Yoga Workshop: A practical and theoretical workshop that delves into the history, practice of yoga, meditation and the use of props.

PowerHour: A group personal training class using slow-speed resistance training with weights.

Beginning Power Yoga: Entry level yoga class that links breath with movement in a flowing style.