

**Open Hours: Wed-Fri 10:00am-6:00pm and Sat 10:00am-2:00pm**

**402 N. MAIN STREET SOMERSET, KY**

**Contact us at: 606-416-5380 or [iris@theshinehouse.com](mailto:iris@theshinehouse.com)**

**[www.theshinehouse.com](http://www.theshinehouse.com)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00am-6:00pm: -Open Studio (Focus: Art Journals) 10:00am: -Shine Yoga w/ Tara	2 10:00am-2:00pm: -Open Studio (Focus: Art Journals)
3	4	5 7:30am: -Rise & Shine Yoga w/ Tina 10:00am: -Target Toning w/ Tara 5:00pm: -Art Journaling for Teens & Adults w/ Lakia 5:30pm: - Shine Yoga w/ Tara	6 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Preschool Art and Movement 10:00am: -Shine Yoga w/ Ingrid 12:00pm: -Lunch Break Yoga w/ Lakia	7 7:30am: -Rise & Shine Yoga w/ Tina 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Shine Yoga w/ Ingrid 5:30pm: -Slow Flow Yoga w/ Lakia	8 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Shine Yoga w/ Tara	9 10:00am-2:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Kids & Family Yoga & Art 10:30am: -Shine Yoga w/ Ingrid
10	11 10:00am: -Shine Yoga w/ Ingrid 6:00pm: -Zentangle Workshop	12 7:30am: -Rise & Shine Yoga w/ Tina 10:00am: -Target Toning w/ Tara 5:00pm: -Art Journaling for Teens & Adults w/ Lakia 5:30pm: - Shine Yoga w/ Tara	13 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Preschool Art and Movement 10:00am: -Shine Yoga w/ Ingrid 12:00pm: -Lunch Break Yoga w/ Lakia	14 7:30am: -Rise & Shine Yoga w/ Tina 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Shine Yoga w/ Ingrid 5:30pm: -Slow Flow Yoga w/ Lakia	15 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Shine Yoga w/ Tara	16 10:00am-2:00pm: -Open Studio (Focus: Resist Art) 10:30am: -Shine Yoga w/ Ingrid
17	18 10:00am: -Shine Yoga w/ Ingrid	19 7:30am: -Rise & Shine Yoga w/ Tina 10:00am: -Target Toning w/ Tara 5:00pm: -Art Journaling for Teens & Adults w/ Lakia 5:30pm: - Shine Yoga w/ Tara	20 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Preschool Art and Movement 10:00am: -Shine Yoga w/ Ingrid 12:00pm: -Lunch Break Yoga w/ Lakia	21 7:30am: -Rise & Shine Yoga w/ Tina 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Shine Yoga w/ Ingrid 5:30pm: -Slow Flow Yoga w/ Lakia	22 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Shine Yoga w/ Tara 4:00pm-7:00pm: -Equinox & Art Exhibit	23 10:00am-2:00pm: -Open Studio (Focus: Resist Art) 10:00am-12:00pm: -Soap Making Workshop w/ Tara 10:30am: -Shine Yoga w/ Ingrid 12:00pm-2:00pm: -Soap Making Workshop w/ Tara
24	25 10:00am: -Shine Yoga w/ Ingrid	26 7:30am: -Rise & Shine Yoga w/ Tina 10:00am: -Target Toning w/ Tara 1:00pm-3:00pm: -Home School Days 5:00pm: -Art Journaling for Teens & Adults w/ Lakia 5:30pm: - Shine Yoga w/ Tara	27 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Preschool Art and Movement 10:00am: -Shine Yoga w/ Ingrid 12:00pm: -Lunch Break Yoga w/ Lakia	28 7:30am: -Rise & Shine Yoga w/ Tina 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 5:30pm: -Slow Flow Yoga w/ Lakia	29 10:00am-6:00pm: -Open Studio (Focus: Resist Art) 10:00am: -Shine Yoga w/ Tara	30 10:00am-2:00pm: -Open Studio (Focus: Resist Art) 10:30am: -Shine Yoga w/ Ingrid

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