

**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	2 10:00am: -Shine Yoga w/ Ingrid	3 7:30am: -Rise & Shine Yoga w/ Tina 10:00am: -Target Toning w/ Tara 5:00pm: -Art Journaling Workshop w/ Lakia 5:30pm: - Shine Yoga w/ Tara	4 10:00am-6:00pm: -Open Studio (Focus: Picasso) 10:00am: -Preschool Art and Movement 10:00am: -Shine Yoga w/ Ingrid 12:00pm: -Lunch Break Yoga w/ Lakia 3:30pm: -After School Art	5 7:30am: -Rise & Shine Yoga w/ Tina 10:00am-6:00pm: -Open Studio (Focus: Picasso) 10:00am: -Shine Yoga w/ Ingrid 1:00pm: -Embossing Techniques w/ Tara 5:00pm: -Embossing Techniques w/ Tara 5:30pm: -Slow Flow Yoga w/ Lakia	6 11:00am-6:00pm: -Open Studio (Focus: Picasso) 10:00am: -Shine Yoga w/ Tara	7 10:00am-2:00pm: -Open Studio (Focus: Picasso) 10:30am: -Shine Yoga w/ Ingrid
8	9 10:00am: -Shine Yoga w/ Ingrid	10 7:30am: -Rise & Shine Yoga w/ Tina 10:00am: -Target Toning w/ Tara 5:30pm: - Shine Yoga w/ Lakia	11 10:00am-6:00pm: -Open Studio (Focus: Maurits Escher) 10:00am: -Preschool Art and Movement 10:00am: -Shine Yoga w/ Ingrid 12:00pm: -Lunch Break Yoga w/ Lakia 3:30pm: -After School Art	12 7:30am: -Rise & Shine Yoga w/ Tina 10:00am-6:00pm: -Open Studio (Focus: Maurits Escher) 10:00am: -Shine Yoga w/ Ingrid 1:00pm: -Art Journaling w/ Lakia 5:30pm: -Slow Flow Yoga w/ Lakia	13 10:00am-6:00pm: -Open Studio (Focus: Maurits Escher) 10:00am: -Shine Yoga w/ Tara	14 10:00am-2:00pm: -Open Studio (Focus: Maurits Escher) 10:30am: -Shine Yoga w/ Ingrid
15	16 10:00am: -Shine Yoga w/ Ingrid	17 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	18 10:00am-6:00pm: -Open Studio (Focus: Roy Lichtenstein and Idelle Weber) 10:00am: -Preschool Art and Movement 10:00am: -Shine Yoga w/ Ingrid 12:00pm: -Lunch Break Yoga w/ Lakia 3:30pm: -After School Art	19 7:30am: -Rise & Shine Yoga w/ Tina 10:00am-6:00pm: -Open Studio (Focus: Roy Lichtenstein and Idelle Weber) 10:00am: -Shine Yoga w/ Ingrid 1:00pm: -Embossing Techniques w/ Tara 5:00pm: -Embossing Techniques w/ Tara 5:30pm: -Slow Flow Yoga w/ Lakia	20 10:00am-6:00pm: -Open Studio (Focus: Roy Lichtenstein and Idelle Weber) 10:00am: -Shine Yoga w/ Tara	21 10:00am-2:00pm: -Open Studio (Focus: Roy Lichtenstein and Idelle Weber) 10:00am-12:00pm: -Soap Making Workshop w/ Tara of Kentucky Soap Co. 10:30am: -Shine Yoga w/ Ingrid
22	23 10:00am: -Shine Yoga w/ Ingrid	24 7:30am: -Rise & Shine Yoga w/ Tina 10:00am: -Target Toning w/ Tara 1:00pm-3:00pm: -Home School Days 5:30pm: - Shine Yoga w/ Lakia	25 10:00am-6:00pm: -Open Studio (Focus: Frida Kahlo) 10:00am: -Preschool Art and Movement 10:00am: -Shine Yoga w/ Ingrid 12:00pm: -Lunch Break Yoga w/ Lakia 3:30pm: -After School Art	26 7:30am: -Rise & Shine Yoga w/ Tina 10:00am-6:00pm: -Open Studio (Focus: Frida Kahlo) 10:00am: -Shine Yoga w/ Ingrid 1:00pm: -Art Journaling w/ Lakia 5:30pm: -Slow Flow Yoga w/ Lakia	27 10:00am-6:00pm: -Open Studio (Focus: Frida Kahlo) 10:00am: -Shine Yoga w/ Tara	28 10:00am-2:00pm: -Open Studio (Focus: Frida Kahlo) 10:00am-12:00pm: -Mixed Media Self Portrait Workshop w/ Lakia 10:30am: -Shine Yoga w/ Ingrid
29	30 10:00am: -Shine Yoga w/ Ingrid	31 7:30am: -Rise & Shine Yoga w/ Tina 10:00am: -Target Toning w/ Tara 5:00pm-8:00: -Trick-or-Treat				