

402 N. MAIN STREET SOMERSET, KY

Open Hours: Tuesday-Friday 10:00am-6:00pm

Contact us at: 606-416-5380 or tara@theshinehouse.com

www.theshinehouse.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <b>CLOSED</b>	3 10:00am: -Shine Yoga w/ Lalkia 12:00pm: -Lunch Break Yoga w/ Lalkia  <b>INSIDE OF HOUSE CLOSED</b>	4 10:00am: -Shine Yoga w/ Lalkia 5:30pm: -Slow Flow Yoga w/ Lalkia  <b>INSIDE OF HOUSE CLOSED</b>	5 7:30am: -Rise & Shine Yoga w/ Tina 10:00am: -Intermediate Shine Yoga w/ Tara 11:00pm: -Target Toning w/ Tara 6:00pm: -Lunas' Group Meeting  <b>INSIDE OF HOUSE CLOSED</b>	6 10:00am-12:00pm: -Mixed Media Workshop w/ Lalkia 11:00am: -Shine Yoga w/ Tara 11:30am: -Nutrition Class w/ Michaela Hoskins
7	8 6:00pm: -Lunas' Group Meeting	9 7:30am: -Rise & Shine Yoga w/ Tina 9:00am: -Slow Flow Yoga w/ Lalkia 10:00am: -Target Toning w/ Tara 1:00pm: -Chair Yoga (All Abilities) w/ Lalkia 5:30pm: Lunas Movement	10 8:30am: -Self Defense w/ Scotty Nevels 10:00am: -Shine Yoga w/ Lalkia 12:00pm: -Lunch Break Yoga w/ Lalkia	11 10:00am: -Shine Yoga w/ Lalkia 5:30pm: -Slow Flow Yoga w/ Lalkia	12 7:30am: -Rise & Shine Yoga w/ Tina 10:00am: -Intermediate Shine Yoga w/ Tara 11:00am: -Target Toning w/ Tara	13 11:00am: -Shine Yoga w/ Tara 1:00pm: -Appalachian Weaving w/ Candace
14	15 6:00pm: -Lunas' Group Meeting	16 7:30am: -Rise & Shine Yoga w/ Tina 9:00am: -Slow Flow Yoga w/ Lalkia 10:00am-6:00pm: -Open Studio (Focus: Textiles) 10:00am: -Target Toning w/ Tara 1:00pm: -Chair Yoga (All Abilities) w/ Tara 4:00pm: -Paper Crafting Circle 5:30pm: Lunas Movement	17 8:30am: -Self Defense w/ Scotty Nevels 10:00am-6:00pm: -Open Studio (Focus: Textiles) 10:00am: -Kids Art and Movement (Ages 3-6) 10:00am: -Shine Yoga w/ Lalkia 12:00pm: -Lunch Break Yoga w/ Lalkia 3:30pm: -After School Art 4:00pm: -Yarn Tails and Tales Circle	18 10:00am-6:00pm: -Open Studio (Focus: Textiles) 10:00am: -Shine Yoga w/ Lalkia 1:00pm: -Paper Crafting Circle 5:30pm: -Slow Flow Yoga w/ Lalkia	19 7:30am: -Rise & Shine Yoga w/ Tina 10:00am-6:00pm: -Open Studio (Focus: Textiles) 10:00am: -Intermediate Shine Yoga w/ Tara 11:00am: -Target Toning w/ Tara 1:00pm: -Yarn Tails and Tales Circle 7:00pm-9:00pm: -Jericho Woods House Show	20 10:00am: -Winter Peppermint Cook & Create 11:00am: -Shine Yoga w/ Tara 1:00pm-2:30pm: Talks and Insanity Workout w/ Trudy Lonesky (In Movement Studio)
21	22 6:00pm: -Lunas' Group Meeting	23 7:30am: -Rise & Shine Yoga w/ Tina 9:00am: -Slow Flow Yoga w/ Lalkia 10:00am-6:00pm: -Open Studio (Focus: Textiles) 10:00am: -Target Toning w/ Tara 1:00pm: -Chair Yoga (All Abilities) w/ Lalkia 4:00pm: -Paper Crafting Circle 5:30pm: Lunas Movement	24 8:30am: -Self Defense w/ Scotty Nevels 10:00am-6:00pm: -Open Studio (Focus: Textiles) 10:00am: -Kids Art and Movement (Ages 3-6) 10:00am: -Shine Yoga w/ Lalkia 12:00pm: -Lunch Break Yoga w/ Lalkia 3:30pm: -After School Art 4:00pm: -Yarn Tails and Tales Circle	25 10:00am-6:00pm: -Open Studio (Focus: Textiles) 10:00am: -Shine Yoga w/ Lalkia 1:00pm: -Paper Crafting Circle 5:30pm: -Slow Flow Yoga w/ Lalkia	26 7:30am: -Rise & Shine Yoga w/ Tina 10:00am-6:00pm: -Open Studio (Focus: Textiles) 10:00am: -Intermediate Shine Yoga w/ Tara 11:00am: -Target Toning w/ Tara 1:00pm: -Yarn Tails and Tales Circle	27 11:00am: -Shine Yoga w/ Tara 1:00pm: -Doll Making Workshop (Ages 8+)
28	29 6:00pm: -Lunas' Group Meeting	30 7:30am: -Rise & Shine Yoga w/ Tina 9:00am: -Slow Flow Yoga w/ Lalkia 10:00am-6:00pm: -Open Studio (Focus: Textiles) 10:00am: -Target Toning w/ Tara 1:00pm: -Chair Yoga (All Abilities) w/ Tara 4:00pm: -Paper Crafting Circle 5:30pm: Lunas Movement	31 8:30am: -Self Defense w/ Scotty Nevels 10:00am-6:00pm: -Open Studio (Focus: Textiles) 10:00am: -Kids Art and Movement (Ages 3-6) 10:00am: -Shine Yoga w/ Lalkia 12:00pm: -Lunch Break Yoga w/ Lalkia 3:30pm: -After School Art 4:00pm: -Yarn Tails and Tales Circle			

