









YOGA at The Bay - By Soul Yoga - Free



Red Clay Strays FanFest 2026 Schedule:

 Must have concert ticket

Thursday (06/25)	Friday (06/26)	Saturday (06/27)	Sunday (06/28)
8 AM @ Marina Yin/Yang with Amy 	8 AM @ Fairgrounds Hips & Hamstrings with /Bonnie	8 AM @ Marina Yin/Yang with Kim 	8 AM @ Marina Hips & Hamstrings with Amy 
10 AM @ Fairgrounds Hatha with Kim	10 AM @ Marina Core Flow with Stephanie 	8 AM @ Fairgrounds Core Flow with Kim	8 AM @ Fairgrounds Core Flow with Bonnie
		10 AM @ Marina Hatha with Amy 	10 AM @ Marina Hatha with Stephanie 
		10 AM @ Fairgrounds Core Flow with Bonnie	10 AM @ Fairgrounds Hips & Hamstrings with Kim

Yin/Yang - A welcoming class that incorporates two yoga styles: Yin, with longer held stretches to gently wake up the body, followed by Yang, a more active practice to feel energized and ready for a great day ahead.

Core Flow - A slightly more challenging class to activate strength, stability, and power. Feel alive, confident, and connected to your body's powerhouse - the core!

Hips and Hamstrings - After days of activities and nights of dancing; this class will feel amazing! A deep feel-good stretch to release tension and increase mobility in the hips, hamstrings, and interconnected areas.

Hatha - A nourishing, all levels, balanced class to leave you feeling open, relaxed, and refreshed.