

JANUARY

yoga
MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 YOGA FLOW No Classes 6:00-6:45 am (Y1) Chair Yoga No Classes 10:00-10:45 am (Y1) YOGA FLOW No Classes 12:00-12:45 pm (Y1) YOGA FLOW No Classes 6:00-7:00 pm (Y1)	2 GENTLE YOGA TBD 10:00-10:45 am (Y1) YOGA FLOW TBD 12:00-12:45 pm (Y1)	3 YOGA FLOW TBD 8:00-9:00 am (Y1)	4 YOGA FLOW TBD 12:00-1:00 pm (Y1)
5 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW TBD 6:00-7:00 pm (Y1)	6 YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	7 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) SPORT YOGA Chris 1:00-1:45 pm (G2) YOGA FLOW Tara 6:00-7:00 pm (Y1)	8 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Kerri 12:00-12:45 pm (Y1) YOGA FLOW TBD 6:00-7:00 pm (Y1)	9 GENTLE YOGA Tara 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1)	10 YOGA FLOW Kristijana 8:00-9:00 am (Y1)	11 YOGA FLOW Kristijana 12:00-1:00 pm (Y1)
12 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	13 YOGA FLOW Priti 6:00-7:00 pm (Y1)	14 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW TBD 12:00-12:45 pm (Y1) SPORT YOGA Chris 1:00-1:45 pm (G2) YOGA FLOW Tara 6:00-7:00 pm (Y1)	15 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW Priti 6:00-7:00 pm (Y1)	16 GENTLE YOGA Tara 10:00-10:45 am (Y1) YOGA FLOW Kerri 12:00-12:45 pm (Y1)	17 YOGA FLOW Kerri 8:00-9:00 am (Y1)	18 YOGA FLOW Riley 12:00-1:00 pm (Y1)
19 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	20 YOGA FLOW Riley 6:00-7:00 pm (Y1)	21 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW TBD 12:00-12:45 pm (Y1) SPORT YOGA Chris 1:00-1:45 pm (G2) YOGA FLOW Tara 6:00-7:00 pm (Y1)	22 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW Priti 6:00-7:00 pm (Y1)	23 GENTLE YOGA Priti 10:00-10:45 am (Y1) YOGA FLOW TBD 12:00-12:45 pm (Y1)	24 YOGA FLOW Roopa 8:00-9:00 am (Y1)	25 YOGA FLOW Kristijana 12:00-1:00 pm (Y1)
26 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW Riley 6:00-7:00 pm (Y1)	27 YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	28 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) SPORT YOGA Chis 1:00-1:45 pm (G2) YOGA FLOW Tara 6:00-7:00 pm (Y1)	29 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Kerri 12:00-12:45 pm (Y1) YOGA FLOW Priti 6:00-7:00 pm (Y1)	30 GENTLE YOGA Tara 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1)	31 YOGA FLOW Kristijana 8:00-9:00 am (Y1)	

PLEASE NOTE: Instructor schedules are posted at the beginning of the month and are subject to change.