



yoga

# MONTHLY CLASS SCHEDULE



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

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