



*yoga*  
**MONTHLY CLASS SCHEDULE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>1</b></p> <p>GENTLE YOGA   Roopa 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Roopa 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW   Tara 6:00-7:00 pm (Y1)</p>	<p><b>2</b></p> <p>YOGA FLOW   Tara 6:00-7:00 pm (Y1)</p>	<p><b>3</b></p> <p>GENTLE YOGA   Costanza 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Roopa 12:00-12:45 pm (Y1)</p> <p>SPORT YOGA   Chris 1:00-1:45 pm (G2)</p> <p>YOGA FLOW   Kristine 6:00-7:00 pm (Y1)</p>	<p><b>4</b></p> <p><b>CLOSED</b></p>	<p><b>5</b></p> <p>GENTLE YOGA   Roopa 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Kristijana 12:00-12:45 pm (Y1)</p>	<p><b>6</b></p> <p>YOGA FLOW   Kristine 8:00-9:00 am (Y1)</p>	<p><b>7</b></p> <p>YOGA FLOW   Kristijana 12:00-1:00 pm (Y1)</p>
<p><b>8</b></p> <p>GENTLE YOGA   Kerri 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Costanza 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW   Kristine 6:00-7:00 pm (Y1)</p>	<p><b>9</b></p> <p>YOGA FLOW   Kristine 6:00-7:00 pm (Y1)</p>	<p><b>10</b></p> <p>GENTLE YOGA   Steph 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Katherine 12:00-12:45 pm (Y1)</p> <p>SPORT YOGA   Chris 1:00-1:45 pm (G2)</p> <p>YOGA FLOW   Tara 6:00-7:00 pm (Y1)</p>	<p><b>11</b></p> <p>YOGA FLOW   Katherine 6:00-7:00 am (Y1)</p> <p>Chair Yoga   Roopa 10:00-10:45 am (Y1)</p> <p>YOGA FLOW   Kerri 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW   Kristine 6:00-7:00 pm (Y1)</p>	<p><b>12</b></p> <p>GENTLE YOGA   Costanza 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Steph 12:00-12:45 pm (Y1)</p>	<p><b>13</b></p> <p>YOGA FLOW   Costanza 8:00-9:00 am (Y1)</p>	<p><b>14</b></p> <p>YOGA FLOW   Kristijana 12:00-1:00 pm (Y1)</p>
<p><b>15</b></p> <p>GENTLE YOGA   Kerri 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Kristijana 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW   Kristine 6:00-7:00 pm (Y1)</p>	<p><b>16</b></p> <p>YOGA FLOW   Tara 6:00-7:00 pm (Y1)</p>	<p><b>17</b></p> <p>GENTLE YOGA   Steph 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Costanza 12:00-12:45 pm (Y1)</p> <p>SPORT YOGA   Chris 1:00-1:45 pm (G2)</p> <p>YOGA FLOW   Tara 6:00-7:00 pm (Y1)</p>	<p><b>18</b></p> <p>YOGA FLOW   Katherine 6:00-7:00 am (Y1)</p> <p>Chair Yoga   Roopa 10:00-10:45 am (Y1)</p> <p>YOGA FLOW   Steph 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW   Kristine 6:00-7:00 pm (Y1)</p>	<p><b>19</b></p> <p>GENTLE YOGA   Tara 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Kristijana 12:00-12:45 pm (Y1)</p>	<p><b>20</b></p> <p>YOGA FLOW   Kristine 8:00-9:00 am (Y1)</p>	<p><b>21</b></p> <p>YOGA FLOW   Kristijana 12:00-1:00 pm (Y1)</p>
<p><b>22</b></p> <p>GENTLE YOGA   Kerri 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Costanza 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW   Tara 6:00-7:00 pm (Y1)</p>	<p><b>23</b></p> <p>YOGA FLOW   Kristine 6:00-7:00 pm (Y1)</p>	<p><b>24</b></p> <p>GENTLE YOGA   Costanza 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Katherine 12:00-12:45 pm (Y1)</p> <p>SPORT YOGA   Chris 1:00-1:45 pm (G2)</p> <p>YOGA FLOW   Tara 6:00-7:00 pm (Y1)</p>	<p><b>25</b></p> <p>YOGA FLOW   Katherine 6:00-7:00 am (Y1)</p> <p>Chair Yoga   Roopa 10:00-10:45 am (Y1)</p> <p>YOGA FLOW   Kerri 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW   Kristine 6:00-7:00 pm (Y1)</p>	<p><b>26</b></p> <p>GENTLE YOGA   Tara 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Costanza 12:00-12:45 pm (Y1)</p>	<p><b>27</b></p> <p>YOGA FLOW   Costanza 8:00-9:00 am (Y1)</p>	<p><b>28</b></p> <p>YOGA FLOW   Kristine 12:00-1:00 pm (Y1)</p>
<p><b>29</b></p> <p>GENTLE YOGA   Kerri 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Kristijana 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW   Kristine 6:00-7:00 pm (Y1)</p>	<p><b>30</b></p> <p>YOGA FLOW   Kristijana 6:00-7:00 pm (Y1)</p>	<p><b>31</b></p> <p>GENTLE YOGA   Steph 10:00-11:00 am (Y1)</p> <p>YOGA FLOW   Roopa 12:00-12:45 pm (Y1)</p> <p>SPORT YOGA   Chris 1:00-1:45 pm (G2)</p> <p>YOGA FLOW   Tara 6:00-7:00 pm (Y1)</p>				

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