



yoga
MONTHLY CLASS SCHEDULE



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

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