



MONTHLY CLASS SCHEDULE



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

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