




*yoga*  
**MONTHLY CLASS SCHEDULE**



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

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