



yoga
MONTHLY CLASS SCHEDULE



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

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