



yoga

MONTHLY CLASS SCHEDULE



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