



yoga

MONTHLY CLASS SCHEDULE



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

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