DECEMBER

yoga MONTHLY CLASS SCHEDULE

CHOICE HEALTH & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	**2** **GENTLE YOGA | TBD** 10:00-10:45 am (Y1) **YOGA FLOW | Roopa** 12:00-12:45 pm (Y1) **YOGA FLOW Kristijana** 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 | Leanna** 12:00-12:45 pm (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	**4** **GENTLE YOGA | TBD** 10:00-10:45 am (Y1) **YOGA FLOW | TBD** 12:00-12:45 pm (Y1)	**5** **YOGA FLOW | Leanna** 8:00-9:00 am (Y1)	**6** **YOGA FLOW | TBD** 12:00-1:00 pm (Y1)
7 **GENTLE YOGA |Kerri** 10:00-10:45 am (Y1) **YOGA FLOW |Leanna** 12:00-12:45 pm (Y1) **YOGA FLOW |Tara** 6:00-7:00 pm (Y1)	**8** **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	**9** **GENTLE YOGA | Steph** 10:00-10:45 am (Y1) **YOGA FLOW | Katherine** 12:00-12:45 pm (Y1) **YOGA FLOW |Kristijana** 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 | Leanna** 12:00-12:45 pm (Y1) **YOGA FLOW |Kristijana** 6:00-7:00 pm (Y1)	**11** **GENTLE YOGA | TBD** 10:00-10:45 am (Y1) **YOGA FLOW | Steph** 12:00-12:45 pm (Y1)	**12** **YOGA FLOW |Kristijana** 8:00-9:00 am (Y1)	**13** **YOGA FLOW | TBD** 12:00-1:00 pm (Y1)
14 **GENTLE YOGA | Kerri** 10:00-10:45 am (Y1) **YOGA FLOW | Steph** 12:00-12:45 pm (Y1) **YOGA FLOW | TBD** 6:00-7:00 pm (Y1)	**15** **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW | TBD** 6:00-7:00 pm (Y1)	**16** **GENTLE YOGA | Steph** 10:00-10:45 am (Y1) **YOGA FLOW | Roopa** 12:00-12:45 pm (Y1) **YOGA FLOW | Tara** 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 | Kerri** 12:00-12:45 pm (Y1) **YOGA FLOW |Tara** 6:00-7:00 pm (Y1)	**18** **GENTLE YOGA | TBD** 10:00-10:45 am (Y1) **YOGA FLOW | Steph** 12:00-12:45 pm (Y1)	**19** **YOGA FLOW | Leanna** 8:00-9:00 am (Y1)	**20** **YOGA FLOW |TBD** 12:00-1:00 pm (Y1)
21 **GENTLE YOGA | Kerri** 10:00-10:45 am (Y1) **YOGA FLOW |Leanna** 12:00-12:45 pm (Y1) **YOGA FLOW |Kristijana** 6:00-7:00 pm (Y1)	**22** **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	**23** **GENTLE YOGA | TBD** 10:00-10:45 am (Y1) **YOGA FLOW |Katherine** 12:00-12:45 pm (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	**24 Open 5am-1pm** **YOGA FLOW |Katherine** 6:00-6:45 am (Y1) **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW |Kristijana** 12:00-12:45 pm (Y1) **YOGA FLOW |CLOSED** 6:00-7:00 pm (Y1)	**25** **MERRY** **CHRISTMAS**	**26** **YOGA FLOW |Leanna** 8:00-9:00 am (Y1)	**27** **YOGA FLOW |Tara** 12:00-1:00 pm (Y1)
28 **GENTLE YOGA | Tara** 10:00-10:45 am (Y1) **YOGA FLOW | Leanna** 12:00-12:45 pm (Y1) **YOGA FLOW |TBD** 6:00-7:00 pm (Y1)	**29** **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW | TBD** 6:00-7:00 pm (Y1)	**30** **GENTLE YOGA | TBD** 10:00-10:45 am (Y1) **YOGA FLOW |Katherine** 12:00-12:45 pm (Y1) **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 |TBD** 12:00-12:45 pm (Y1) **YOGA FLOW |Tara** 6:00-7:00 pm (Y1)			

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