

BREATHING SPACE FEBRUARY/MARCH SCHEDULE: (new classes are high-lighted)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 10:15am Yoga/Pilates FUSION Cathy	9:00 –10:30am Hatha Yoga all levels Monica	9:00 –10:30am Yoga & Meditation Gail	9:00 - 10:15am Yoga/Pilates FUSION Cathy	9:00 –10:30am Hatha Yoga All Level Monica	9:00– 10:00am Yin Flow Yoga Monica	8:30 – 9:30am CALLANETICS Charlene
10:30 - 12:00pm Restorative Yoga Gail			10:30am - 12:00pm Slow Flow Yoga Level 1 Suze		10:15am –11:15am ZUMBA Sandra	10:00am –11:30am Yoga & Meditation all levels Bev
					11:30 am – 12:45pm Gentle Yoga Gail	11:45–1:00pm Yoga 101 (Monthly) 4 week course: registered
3:30–4:45pm Yoga Flow Denise					Afternoon & evening WORKSHOPS <i>(see website)</i>	1:30 - 2:45pm Pre Natal Yoga AMANDA
5:00 – 6:00pm ZUMBA Roxana	5:00 - 6:00pm Groove Fitness Jenna	5:30 - 6:30pm ZUMBA Roxana	5:30 - 6:30pm CALLANETICS Charlene	5:00–6:00pm Down Dawg Yoga Kirsten	<i>Coming soon!</i> YOGA FOR ROUND BODIES <i>Contact us for details</i>	3:00–4:15pm Yoga for Runners & Cyclists Suze (starts March 4)
6:15 –7:15pm Yoga/Pilates FUSION Cathy	6:15 – 7:30pm Hatha Yoga all levels Kaeley	6:45 - 8:00pm Yoga Core Kathryn	6:45 - 8:00pm Flow Yoga level 2 Cathy/Sandy	6:15 -7:30pm Hatha Yoga all levels Kris		
7:30 – 9:00pm Yin Yoga Monica	7:45 - 9:15pm Women’s Meditation & Self Awareness Carolyn				7:00–9:00pm Spiritual Cinema First Sat of the month (by donation)	Studio is available for rentals