

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 Gentle Yoga 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 Hatha Flow Gail			10:30am - 12:00pm Yoga Level 1 Monica		10:15am –11:15am ZUMBA Sandra	10:00am –11:30am Hatha Yoga all level Bev
					11:30 am – 12:45pm Gentle Yoga Gail	11:45—1:00pm Yoga 101 (Monthly) 4 wk course: registered
3:30—4:45pm Yoga Flow Denise Starts Jan 9					Afternoon & evening WORKSHOPS <i>(see website)</i>	1:30 - 2:45pm Pre Natal Yoga Jan 15—Feb 19 AMANDA
5:00 – 6:00pm ZUMBA Roxana	5:00 - 6:00pm Groove Fitness Jenna	5:30 - 6:30pm ZUMBA Lisa	5:30 - 6:30pm CALLANETICS Charlene	5:00—6:00pm Down Dawg Yoga Kirsten FREE CLASS Feb 3		
6:15 –7:15pm Yoga/Pilates FUSION Cathy	6:15 – 7:30pm Hatha Yoga all levels Kaeley	6:45 - 7:45pm Yoga Core Fusion Lisa	6:45 - 8:00pm Flow Yoga level 2 Cathy/Sandy	<i>6:15 -7:30pm</i> Hatha Yoga all levels Kris	7:00—9:00pm Spiritual Cinema First Sat of the month!	
7:30 – 9:00pm Yin Yoga Monica	7:45 - 9:15pm Women’s Meditation & Self Awareness Carolyn					Studio is available for rentals