

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
[Blue Bar]						
Gentle Yoga 10 am	Hatha Yoga 10 am	Yoga Flow 10 am	Yoga Beginners 10 am	Yin Yoga 10 am	Hatha Yoga 9:30 am	
	Yin Yoga 11:30 am				Yin Yoga 10:45 am	
Yoga Flow 6:45 pm	Hatha Yoga 6:45 pm	Yoga Flow 6:45 pm	Hatha Yoga 6:45 pm	Meditation 7pm <small>(1st Friday of month)</small>	Monthly Workshops	
Yoga Flow Beginners 8:00 pm	Yin Yoga 8:00 pm	Gentle Yoga 8:00 pm	Yin Yoga 8:00pm			