

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Slow Flow Karen Kushner	Flow All Levels Karen	Slow Flow Rita	Flow All Levels Rita	Slow Flow Sian	Flow 1 Kristin	Flow 1/2 Renee
8am			Hatha 1/2 Tabitha (8:15)	Hatha 1/2 Sian		Beginner Taisha	Slow Flow 1/2 Karen
9:15am	Flow 2/3 Kristin	Flow 2 Karen	Flow 1/2 Kristin	Flow 2 Rita	Flow 1/2 Kristin	Flow 2/3 Kristin	Flow 2/3 Jerry
9:30am	Beginner Taisha	Hatha 1/2 Yoshi	Beginner Taisha		Flow 2/3 Jerry	Hatha 1/2 Yoshi	Yin Karen
11am	Hatha 1/2 Amy	Restorative Amy Ageless Spirit Connie	Yin Amy	Beginner Tabitha	Hatha 1/2 Trish		
4pm	Hatha 1/2 Yoshi			Hatha 1/2 Donna Deyab			All Levels Flow Caitlin (4:15)
5:30				Deep Stretch Karen	Restorative Amy		Restorative Andrea (5:45)
5:45	Flow 1/2 Kristin	All Levels Flow Kristin	Flow 1/2 Kristin	Flow 2 Rita			
6:30pm	Iyengar Karen Wenc	Restorative Andrea 7pm	Beginner Amy				
7pm	Flow 2/3 Caitlin	Flow 1/2 Rita	Flow 2/3 Kristin	Flow 1/2 Rita			