

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Irma)	2 8:00 Vinyasa (Dee) 9:30 Meditative Yoga (Irma)
3 No 9:45 class today 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	4 9:30 Level 2 (Dee) 11:00 Chair Yoga (Helen) 4:15 Basic 1 (Vicki) 5:45 Levels 2+3 (Vicki) 7:00 Levels 2+3 (Vicki)	5 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Hatha (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	6 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Helen) 4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Irma)	7 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki) 7:30 Level 2 (Ken)	8 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Irma)	9 8:00 Vinyasa (Dee) 9:30 Meditative Yoga (Irma)
10 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	11 9:30 Level 2 (Dee) 11:00 Chair Yoga (Helen) 4:15 Basic 1 (Vicki) 5:45 Levels 2+3 (Vicki) 7:00 Levels 2+3 (Vicki)	12 9:30 Level 3 (Dee) 11:15 Basic 1 (Helen) 4:15 Hatha (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	13 9:30 Level 2 (Jen) 11:00 Chair Yoga (Jen) 4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Irma)	14 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki) 7:30 Level 2 (Ken)	15 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Erica)	16 8:00 Vinyasa (Ken) 9:30 Meditative Yoga (Irma)
17 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	18 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Helen) 4:15 Basic 1 (Vicki) 5:45 Levels 2+3 (Vicki) 7:00 Levels 2+3 (Vicki)	19 9:30 Level 3 (Beverly) 11:15 Basic 1 (Beverly) 4:15 Hatha (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Patti)	20 9:30 Level 2 (Jen) 11:00 Chair Yoga (Jen) 4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Irma)	21 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki) 7:30 Level 2 (Ken)	22 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Irma)	23 8:00 Vinyasa (Ellen) 9:30 Meditative Yoga (Irma)
24 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti) 3:00 Reiki & Restore* (Beverly) *Registration Required	25 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Helen) 4:15 Basic 1 (Vicki) 5:45 Levels 2+3 (Vicki) 7:00 Levels 2+3 (Vicki)	26 9:30 Level 3 (Beverly) 11:15 Basic 1 (Beverly) 4:15 Hatha (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Patti)	27 9:30 Level 2 (Jen) 11:00 Chair Yoga (Jen) 4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Irma)	28 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki) 7:30 Level 2 (Ken)	Blue – start here if you are new Purple – some experience needed Red – experienced yogis only please Brown – mixed levels - experience needed Orange – anyone is welcome Green – Chair Yoga, Events	