

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Blue</b> – start here if you are new	<b>Red</b> – experienced Yogis only please	<b>Green</b> – chair classes			<b>1</b> 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda)	<b>2</b> 9:30 Level 2 (Vicki)
<b>Purple</b> – more options	<b>Orange</b> – anyone is welcome	<b>Brown</b> – mixed levels, experience needed			4:15 Level 2 (Roseann) 6:00 Restorative Yoga (Beverly)	
<b>3</b> No 9:30 Class Today 11:00 Level 2 (Ken)  1:00 Basic 1 (Vicki)	<b>4</b> 9:30 Level 2 (Dee) 11:00 Chair Yoga (Cyndi)  4:15 Basic 1 (Eileen) 5:45 Vinyasa (Debi) 7:00 Levels 2+3 (Ken)	<b>5</b> 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly)  4:15 Level 2 (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	<b>6</b> 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Jen)  4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Kim)	<b>7</b> 9:30 Basic 1 (Vicki)  4:15 Levels 2+3 (Debi) 5:50 Basic 1 (Eileen)	<b>8</b> 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda)  4:15 Level 2 (Roseann) 6:00 Meditative Yoga (Christina)	<b>9</b> 9:30 Level 2 (Beverly)
<b>10</b> 9:30 Level 3 (Ken) 11:00 Level 2 (Ken)  1:00 Basic 1 (Patti)	<b>11</b> 9:30 Level 2 (Dee) 11:00 Chair Yoga (Cyndi)  4:15 Basic 1 (Vicki) 5:45 Vinyasa (Vicki) 7:00 Levels 2+3 (Ken)	<b>12</b> 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly)  4:15 Level 2 (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	<b>13</b> 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Jen)  4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Kim)	<b>14</b> 9:30 Basic 1 (Vicki)  4:15 Levels 2+3 (Debi) 5:50 Basic 1 (Vicki)	<b>15</b> 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda)  4:15 Level 2 (Roseann) 6:00 Meditative Yoga (Erica)	<b>16</b> 9:30 Level 2 (Vicki)
<b>17</b> 9:30 Level 3 (Ken) 11:00 Level 2 (Ken)  1:00 Basic 1 (Patti)	<b>18</b> 9:30 Level 2 (Dee) 11:00 Chair Yoga (Cyndi)  4:15 Basic 1 (Vicki) 5:45 Vinyasa (Vicki) 7:00 Levels 2+3 (Ken)	<b>19</b> 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly)  4:15 Level 2 (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	<b>20</b> 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Jen)  4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Christina)	<b>21</b> 9:30 Basic 1 (Vicki)  4:15 Levels 2+3 (Debi) 5:50 Basic 1 (Eileen)	<b>22</b> 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda)  4:15 Level 2 (Susanlee) 6:00 Meditative Yoga (Kim)	<b>23</b> 9:30 Level 2 (Beverly) 11:00 Reiki & Restore Registration Required * (Beverly)
<b>24</b> 9:30 Level 3 (Ken) 11:00 Level 2 (Ken)  1:00 Basic 1 (Patti)	<b>25</b> 9:30 Level 2 (Dee) 11:00 Chair Yoga (Cyndi)  4:15 Basic 1 (Vicki) 5:45 Vinyasa (Vicki) 7:00 Levels 2+3 (Ken)	<b>26</b> 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly)  4:15 Level 2 (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	<b>27</b> 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Susanlee)  4:15 Level 3 (Susanlee) 5:50 Level 2 (Patti) No 7:15 Class Today	<b>28 ThanksGiving</b> 9:30 Basic 1 (Susanlee)  <b>No Evening Classes</b>	<b>29</b> 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda)  4:15 Level 2 (Roseann) 6:00 Restorative Yoga (Beverly)	<b>30</b> 9:30 Level 2 (Beverly)