

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Irma)	<b>2</b> 8:00 Vinyasa (Ken) 9:30 Level 2 (Vicki)
<b>3</b> No 9:45 class today 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	<b>4</b> 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)	<b>5</b> 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Hatha (Ellen) 5:45 Tai Chi 7:00 Basic 1 (Dee)	<b>6</b> 9:30 Level 2 (Jen) 11:00 Chair Yoga (Jen) 4:15 Level 3 (Beverly) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Irma)	<b>7</b> 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki)	<b>8</b> 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Irma)	<b>9</b> 8:00 Vinyasa (Ellen) 9:30 Meditative Yoga (Irma)
<b>10</b> 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Dee)	<b>11</b> 9:30 Level 2 (Dee) 11:00 Chair Yoga (Helen) 4:15 Basic 1 (Vicki) 5:45 Levels 2+3 (Ken) 7:00 Levels 2+3 (Ken)	<b>12</b> 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Hatha (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	<b>13</b> 9:30 Level 2 (Vicki) 11:00 Chair Yoga (Vicki) 4:15 Level 3 (Beverly) 5:50 Level 2 (Patti) 7:15 Meditative Yoga** (Kim) **Free Class for Community **Registration Only	<b>14</b> 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki)	<b>15</b> 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Irma)	<b>16</b> 8:00 Vinyasa (Debi) 9:30 Level 2 (Vicki)
<b>17</b> 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	<b>18</b> 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)	<b>19</b> 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Hatha (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	<b>20</b> 9:30 Level 2 (Jen) 11:00 Chair Yoga (Jen) 4:15 Level 3 (Beverly) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Kim)	<b>21</b> 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki)	<b>22</b> 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Erica)	<b>23</b> 8:00 Vinyasa (Ken) 9:30 Level 2 (Vicki)
<b>24</b> 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti) 3:00 Reiki & Restore* (Beverly) *Registration Required	<b>25</b> 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)	<b>26</b> 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Hatha (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	<b>27</b> 9:30 Level 2 (Jen) 11:00 Chair Yoga (Jen) 4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Ellen)	<b>28</b> 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki)	<b>29</b> 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Irma)	<b>30</b> 8:00 Vinyasa (Ellen) 9:30 Meditative Yoga (Irma)
<b>31</b> 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	<p> <b>Blue – start here if you are new</b>  <b>Purple – some experience needed</b>  <b>Red – experienced yogis only please</b>  <b>Brown – mixed levels - experience needed</b>  <b>Orange – anyone is welcome</b>  <b>Green – Chair Yoga, Events</b> </p>					

