

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:00 Vinyasa (Susanlee) 9:30 Meditative Yoga (Irma) 3:00 Reiki & Restore* (Beverly) *Registration Required
2 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Patti) 1:00 Basic 1 (Patti)	3 9:30 Level 2 (Dee) 11:00 Chair Yoga (Susanlee) 4:15 Basic 1 (Vicki) 5:45 Levels 2+3 (Vicki) 7:00 Levels 2+3 (Vicki)	4 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Hatha (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	5 9:15 Chair Yoga (Jen) 10:30 Level 2 (Jen) 4:15 Level 3 (Susanlee) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Irma)	6 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Vicki) 6:00 Basic 1 (Susanlee) 7:30 Level 2 (Ken)	7 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Irma)	8 8:00 Vinyasa (Susanlee) 9:30 Meditative Yoga (Irma)
9 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	10 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)	11 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Hatha (Vicki) 5:45 Tai Chi 7:00 Basic 1 (Dee)	12 9:15 Chair Yoga (Jen) 10:30 Level 2 (Jen) 4:15 Level 3 (Susanlee) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Irma)	13 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Vicki) 6:00 Basic 1 (Susanlee) 7:30 Level 2 (Ken)	14 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Irma)	15 8:00 Vinyasa (Susanlee) 9:30 Meditative Yoga (Irma)
16 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	17 9:30 Level 2 (Dee) 11:00 Chair Yoga (Susanlee) 4:15 Basic 1 (Vicki) 5:45 Levels 2+3 (Vicki) 7:00 Levels 2+3 (Vicki)	18 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Hatha (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	19 9:15 Chair Yoga (Jen) 10:30 Level 2 (Jen) 4:15 Level 3 (Susanlee) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Irma)	20 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Beverly) 6:00 Basic 1 (Susanlee) 7:30 Level 2 (Ken)	21 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Erica)	22 8:00 Vinyasa (Susanlee) 9:30 Meditative Yoga (Irma)
23 No 9:45 class today 11:00 Level 2 (Irma) 1:00 Basic 1 (Dee)	24 9:30 Level 2 (Dee) No 11:00 Chair Yoga today No evening classes today	25 Christmas Day No Classes Today	26 No 9:15 Chair Yoga today 10:30 Level 2 (Susanlee) 4:15 Level 3 (Beverly) 5:50 Level 2 (Beverly) 7:15 Meditative Yoga (Irma)	27 9:30 Basic 1 (Susanlee) 4:30 Levels 2+3 (Beverly) 6:00 Basic 1 (Susanlee) 7:30 Level 2 (Ken)	28 9:30 Level 3 (Susanlee) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Irma)	29 8:00 Vinyasa (Susanlee) 9:30 Meditative Yoga (Irma)
30 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Irma)	31 9:30 Level 2 (Vicki) 11:00 Chair Yoga (Vicki) No evening classes today	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				