

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