

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