

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:00 Vinyasa (Roseann) 9:30 Level 2 (Beverly)
2 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	3 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 (Ken)	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 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Helen) 4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Kim)	6 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki)	7 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Meditative Yoga (Christina)	8 8:00 Vinyasa (Roseann) 9:30 Level 2 (Vicki)
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 (Ken)	11 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Hatha (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	12 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Helen) 4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Kim)	13 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki)	14 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Meditative Yoga (Christina)	15 8:00 Vinyasa (Ellen) 9:30 Level 2 (Vicki)
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 (Helen) 4:15 Basic 1 (Vicki) 5:45 Levels 2+3 (Vicki) 7:00 Levels 2+3 (Debi)	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 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Helen) 4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Kim)	20 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki)	21 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Meditative Yoga (Erica)	22 8:00 Vinyasa (Debi) 9:30 Level 2 (Beverly)
23 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	24 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 (Ken)	25 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Hatha (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	26 9:30 Level 2 (Beverly) 11:00 Chair Yoga (Helen) 4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Kim)	27 9:30 Basic 1 (Vicki) 4:30 Levels 2+3 (Debi) 6:00 Basic 1 (Vicki)	28 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 6:00 Restorative (Beverly)	29 8:00 Vinyasa (Ken) 9:30 Level 2 (Beverly)
30 9:45 Vinyasa / Kundalini (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	<p>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, Events</p>					