

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