

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-9:00 <b>Ashtanga/ Mysore 2/3*</b> John Berlinsky / Lea Watkins	7:00-9:00 <b>Ashtanga/ Mysore 2/3*</b> John Berlinsky / Lea Watkins	7:00-9:00 <b>Ashtanga/ Mysore 2/3*</b> John Berlinsky / Lea Watkins	7:00-9:00 <b>Ashtanga/ Mysore 2/3*</b> John Berlinsky / Lea Watkins	7:00-9:00 <b>Ashtanga/ Mysore 2/3*</b> John Berlinsky / Lea Watkins	8:00-9:30 <b>Vinyasa Flow 2</b> ♫ Eric Monkhouse	9:30-10:45 <b>Yoga Blend 1/2</b> Anna Proctor
9:30-10:45 <b>YogaWorks 1/2</b> Joanna Saxby	9:15-10:45 <b>Forrest Yoga 2</b> ♫ Peter Guinosso ♪	9:30-10:45 <b>YogaWorks 1/2</b> Joanna Saxby	9:15-10:45 <b>Forrest Yoga 2</b> ♫ Peter Guinosso ♪	9:30-10:45 <b>YogaWorks 1/2</b> Joanna Saxby	8:30-9:55 <b>Iyengar 3</b> Alice Rocky	9:30-11:00 <b>Vinyasa Flow 2/3</b> ♫ James Higgins
9:30-10:55 <b>YogaWorks 2/3</b> Erika Trice	9:30-10:45 <b>Yoga Blend 1</b> ♫ Michele Klink	9:30-10:55 <b>YogaWorks 2/3</b> Erika Trice	9:30-10:45 <b>Yoga Blend 1</b> ♫ Michele Klink	9:30-10:55 <b>YogaWorks 2/3</b> Erika Trice	9:45-11:15 <b>Vinyasa Flow 3</b> ♫ Sharon Lape	11:00-12:00 <b>Yoga Blend 1</b> Jean Johnson
11:00-12:25 <b>Vinyasa Flow 2/3</b> ♫ Eric Monkhouse	11:00-12:15 <b>Vinyasa Flow 2/3</b> ♫ Sharon Lape	11:00-12:25 <b>Vinyasa Flow 2/3</b> ♫ Eric Monkhouse	11:00-12:15 <b>Vinyasa Flow 2/3</b> ♫ Sharon Lape	11:00-12:25 <b>Iyengar 2/3</b> Robert Brook	10:00-11:15 <b>Yoga Blend 1</b> ♫ Michele Klink	11:15-12:45 <b>YW Flow 2</b> ♫ Hillary Skibell
11:15-12:45 <b>Iyengar 1/2</b> Karen Kukula	11:00-12:25 <b>Iyengar 2/3</b> Barbara Fabbri	11:15-12:45 <b>Iyengar 1/2</b> Karen Kukula	11:00-12:25 <b>Iyengar 2/3</b> Barbara Fabbri	11:15-12:45 <b>Iyengar 1/2</b> Karen Kukula	11:30-12:45 <b>Yoga Blend 2</b> ♫ Michele Klink	1:00-2:00 <b>Fundamentals of Yoga**</b> Anna Proctor/ Joanna Saxby
12:30-1:30 <b>Classical Pilates Mat 1/2</b> Fernanda Repsold	12:30-1:45 <b>Vinyasa Flow 2</b> ♫ Sarah Pascual	12:30-1:30 <b>Classical Pilates Mat 2/3</b> Fernanda Repsold	12:30-1:45 <b>Vinyasa Flow 2</b> ♫ Sarah Pascual	12:30-1:30 <b>Vinyasa Flow 2/3</b> ♫ Sharon Lape	1:00-2:00 <b>Vinyasa Flow 2/3</b> ♫ Sarah Pascual	5:00-6:15 <b>Vinyasa Flow 2/3</b> ♫ Christy Brown
4:30-5:55 <b>Vinyasa Flow 2/3</b> ♫ Sharon Lape	4:30-5:45 <b>Yoga Blend 1/2</b> ♫ Lisa Rueff	4:30-5:45 <b>Yin Yoga 1/2</b> ♫ Jean Johnson	4:30-5:45 <b>Yoga Blend 1/2</b> ♫ Lisa Rueff	4:30-5:45 <b>Yin Yoga 1/2</b> ♫ Jean Johnson		6:30-8:00 <b>Yin Yoga 1/2</b> ♫ Christy Brown
4:30-5:55 <b>Yin Yoga 1/2</b> ♫ Diana Estey	4:30-5:55 <b>Vinyasa Flow 2/3</b> ♫ Christy Brown	4:30-5:55 <b>Vinyasa Flow 2/3</b> ♫ Sharon Lape	4:30-5:55 <b>Vinyasa Flow 2/3</b> ♫ Christy Brown	4:30-6:00 <b>YW Flow 2</b> Nikki Estrada		
6:00-7:25 <b>Yoga Blend 1/2</b> ♫ Dave Larot	6:15-7:25 <b>Iyengar 1</b> Karen Kukula	6:00-7:25 <b>Yoga Blend 1/2</b> ♫ Dave Larot	6:15-7:25 <b>Iyengar 1</b> Karen Kukula	6:30-8:30 <b>Restoratives</b> Beverlee Burke		
6:15-7:45 <b>Yoga Blend 2/3</b> ♫ Michele Klink	6:15-7:40 <b>YogaWorks 2/3</b> Erika Trice	6:15-7:45 <b>Yoga Blend 2/3</b> ♫ Michele Klink	6:15-7:45 <b>Vinyasa Flow 2/3</b> ♫ Eric Monkhouse			
7:30-8:45 <b>Candle Flow 2</b> ♫ Kendra Faye	7:30-8:30 <b>Yoga Blend 1/2</b> Anna Proctor	7:30-8:45 <b>Candle Flow 2</b> ♫ Kendra Faye	7:30-8:30 <b>Yoga Blend 1/2</b> Anna Proctor			

**LEGEND**

\* Ashtanga/Mysore classes do not meet on moon days including:  
 (1/9, 1/23, 2/7, 2/21, 3/8, 3/22, 4/6, 4/21, 5/6)

\*\* Teacher varies. Free to first-time students. Pre-registration recommended.

♫ Music

♪ Come prepared for room temperatures 85 degrees and above