

Creekside Yoga	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JAN 19	JAN 20	JAN 21	JAN 22	JAN 23	JAN 24	JAN 25
	9am Vinyasa Flow						9am Power Flow
		10am Yoga for Beginners (pre- registered)		10am Slow Flow	10am Vinyasa Flow		
	10:15am Restorative/Yin Fusion						
					11:30am Mom & Baby Post Natal Yoga (pre-registered)		
			5:15pm Vinyasa Flow	5:15pm Restorative/Yin Fusion			
		6pm Slow Flow			6pm Led Ashtanga Primary Series (pre-registered)	6pm Slow Flow	
			6:30pm Prenatal Yoga (pre-registered)	6:30pm Yoga for Beginners (pre- registered)			
		7:30pm Broga, Yoga for Men					
				8pm Vinyasa Flow	8pm Slow Flow		
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