

Floral City Yoga Center - December 2018 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 7:30 am Transformational - Sarah 9:00 am Restorative-Taylor 6:00 pm Flow - Taylor	27 7:30 am Slow Flow- Taylor 4:30 Gentle - Rebecca 6:00 pm Transformational - Sarah	28 7:30 am Slow Flow-Taylor 9:00 am Gentle - Taylor 6:00 pm Flow - Taylor	29 7:30 am ChairYoga- Taylor 4:30 pm Flow - Amber 6:00 pm Yin Stretch - Kitty	30 9:00 am Flow- Amber 4:30 pm Restorative - Taylor 6:00 pm Gentle - Rebecca	1 9:00 am Power-Taylor 11:00 am Gentle - Rebecca
2	3 7:30 am Transformational- Sarah 4:30 pm Gentle - Rebecca 6:00 pm Flow – Taylor	4 7:30 am Slow Flow- Taylor 4:30 pm Flow- Taylor 6:00 pm Transformational – Sarah	5 7:30 am Slow Flow- Taylor 4:30 pm Flow - Amber 6:00 pm Power – Amber	6 7:30 am ChairYoga- Lace 4:30 pm Flow- Liz 6:00 pm Yin Stretch - Kitty	7 7:30 am Slow Flow- Liz 4:30 pm Flow - Taylor 6:00 pm Gentle - Rebecca	8 9:00 am Power- Amber 11:00 am Gentle – Rebecca
9	10 7:30 am Transformational- Sarah 4:30 pm Gentle- Rebecca 6:00 pm Flow - Taylor	11 7:30 am Slow Flow- Taylor 4:30 Flow- Taylor 6:00 pm Transformational - Sarah	12 7:30 am Slow Flow- Taylor 4:30 pm Flow - Amber 6:00 pm Power – Amber	13 7:30 am ChairYoga- Lace 4:30 Flow - Liz 6:00 pm Yin Stretch - Kitty	14 7:30 Slow Flow - Liz 4:30 pm Flow - Taylor 6:00 pm Gentle - Rebecca	15 9:00 am Power- Amber 11:00 am Gentle - Rebecca
16 All Levels Community Class to benefit Floral City Elementary- Donation based 3:00 pm	17 7:30 am Transformational- Sarah 4:30 Gentle - Rebecca 6:00 pm Flow - Taylor	18 7:30 am Slow Flow- Taylor 4:30 Flow - Taylor 6:00 pm Transformational - Sarah	19 7:30 am Slow Flow-Taylor 4:30 pm Flow - Amber 6:00 pm Power - Amber	20 7:30 am ChairYoga- Taylor 4:30 Flow - Liz 6:00 pm Yin Stretch - Kitty	21 7:30 am Slow Flow - Liz 4:30 pm Flow - Taylor 6:00 pm Gentle – Rebecca FCYC Christmas Party! 6pm-8pm	22 9:00 am Power- Amber 11:00 am Gentle – Rebecca Jim Red Sky Crystal Bowl Meditation – 3:00 pm – 4:00 pm
23 Restorative Workshop Taylor 3pm – 4:30 pm	24 7:30 am Transformational- Sarah 12:00 pm Gentle - Rebecca	25 Merry Christmas!	26 7:30 am Slow Flow- Taylor 4:30 pm Flow - Amber 6:00 pm Power - Amber	27 7:30 am ChairYoga- Taylor 4:30 Flow - Liz 6:00 pm Yin Stretch - Kitty	28 7:30 am Slow Flow - Liz 4:30 pm Flow- Taylor 6:00 pm Gentle – Rebecca	29 9:00 am Power- Amber 11:00 am Gentle - Rebecca
30	31 7:30 am Transformational- Sarah 4:30 Gentle - Rebecca 6:00 pm Flow - Taylor					