

Floral City Yoga Center – January 2019 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Happy New Year! 12:00 pm Gentle - Rebecca	7:30 am Slow Flow-Taylor 4:30 pm Flow - Amber 6:00 pm Power – Amber	7:30 am Slow Flow- Liz 4:30 pm Flow - Amber 6:00 pm Yin Stretch - Kitty	7:30 am Slow Flow - Liz 4:30 pm Flow - Liz 6:00 pm Gentle - Rebecca	9:00 am Power- Amber 11:00 am Gentle - Rebecca
6	7	8	9	10	11	12
	7:30 am Transformational- Sarah 4:30 pm Gentle - Rebecca 6:00 pm Flow – Rebecca	7:30 am Slow Flow- Taylor 4:30 pm Flow- Taylor 6:00 pm Transformational – Sarah	7:30 am Slow Flow-Taylor 4:30 pm Flow - Amber 6:00 pm Power – Amber	7:30 am Slow Flow - Taylor 4:30 pm Flow - Liz 6:00 pm Yin Stretch - Kitty	7:30 am Slow Flow- Liz 4:30 pm Flow - Taylor 6:00 pm Gentle - Rebecca	9:00 am Power- Amber 11:00 am Gentle – Rebecca
13	14	15	16	17	18	19
Jim Red Sky’s Crystal Bowls Meditation 3:00 pm – 4:00 pm	7:30 am Transformational- Sarah 4:30 pm Gentle- Rebecca 6:00 pm Flow - Taylor	7:30 am Slow Flow- Taylor 4:30 pm Flow- Taylor 6:00 pm Transformational - Sarah	7:30 am Slow Flow-Taylor 4:30 pm Flow - Amber 6:00 pm Power – Amber	7:30 am Slow Flow - Taylor 4:30 pm Flow - Liz 6:00 pm Yin Stretch - Kitty	7:30 Slow Flow - Liz 4:30 pm Flow - Taylor 6:00 pm Gentle - Rebecca	9:00 am Power- Amber 11:00 am Gentle – Sarah Inversion Workshop By Amber 3:00 pm – 4:30 pm
20	21	22	23	24	25	26
	7:30 am Transformational- Sarah 4:30 Gentle - Rebecca 6:00 pm Flow - Taylor	7:30 am Slow Flow- Taylor 4:30 pm Flow - Taylor 6:00 pm Transformational - Sarah	7:30 am Slow Flow-Taylor 4:30 pm Flow - Amber 6:00 pm Power - Amber	7:30 am Slow Flow- Taylor 4:30 pm Flow - Liz 6:00 pm Yin Stretch - Kitty	7:30 am Slow Flow - Liz 4:30 pm Flow - Taylor 6:00 pm Gentle – Rebecca	9:00 am Power- Amber 11:00 am Gentle – Rebecca
27	28	29	30	31		
	7:30 am Transformational- Sarah 4:30 pm Gentle- Rebecca 6:00 pm Flow - Taylor	7:30 am Slow Flow- Taylor 4:30 pm Flow - Taylor 6:00 pm Transformational - Sarah	7:30 am Slow Flow-Taylor 4:30 pm Flow - Amber 6:00 pm Power - Amber	7:30 am Slow Flow- Taylor 4:30 pm Flow - Liz 6:00 pm Yin Stretch - Kitty		