

Floral City Yoga Center – February 2019 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:30 am Slow Flow - Liz 4:30 pm Flow - Taylor 6:00 pm Gentle - Rebecca	2 11:00 am Gentle - Rebecca
3	4 7:30 am Transformational- Sarah 4:30 pm Gentle - Rebecca 6:00 pm Ashtanga Series 1 – Sarah	5 7:30 am Slow Flow- Taylor 4:30 pm Flow- Taylor 6:00 pm Transformational – Sarah	6 7:30 am Slow Flow-Taylor 4:30 pm Flow - Amber 6:00 pm Power – Amber	7 7:30 am Slow Flow - Taylor 4:30 pm Flow- Liz 6:00 pm Yin Stretch - Liz	8 7:30 am Slow Flow- Liz 4:30 pm Flow - Taylor 6:00 pm Gentle - Rebecca	9 11:00 am Gentle – Rebecca
10	11 7:30 am Transformational- Sarah 4:30 pm Gentle- Rebecca 6:00 pm Ashtanga Series 2 - Sarah	12 7:30 am Slow Flow- Taylor 4:30 pm Flow- Taylor 6:00 pm Transformational - Sarah	13 7:30 am Slow Flow-Taylor 4:30 pm Flow - Amber 6:00 pm Power – Amber	14 7:30 am Slow Flow - Taylor 4:30 pm Flow - Liz 6:00 pm Yin Stretch - Liz	15 7:30 Slow Flow - Liz 4:30 pm Flow - Taylor 6:00 pm Gentle - Rebecca	16 11:00 am Gentle – Rebecca
17 Community Class to Benefit Floral City Elementary 3:00 – 4:00 pm	18 7:30 am Transformational- Sarah 4:30 Gentle - Rebecca 6:00 pm Ashtanga Series 3 - Sarah	19 7:30 am Slow Flow- Taylor 4:30 pm Flow - Taylor 6:00 pm Transformational - Sarah	20 7:30 am Slow Flow-Taylor 4:30 pm Flow - Amber 6:00 pm Power - Amber	21 7:30 am Slow Flow- Taylor 4:30 pm Flow - Liz 6:00 pm Yin Stretch - Liz	22 7:30 am Slow Flow - Liz 4:30 pm Flow - Taylor 6:00 pm Gentle – Rebecca	23 11:00 am Gentle – Rebecca
24	25 7:30 am Transformational- Sarah 4:30 pm Gentle- Rebecca 6:00 pm Ashtanga Series 4 - Sarah	26 7:30 am Slow Flow- Taylor 4:30 pm Flow - Taylor 6:00 pm Transformational - Sarah	27 7:30 am Slow Flow-Taylor 4:30 pm Flow - Amber 6:00 pm Power - Amber	28 7:30 am Slow Flow- Taylor 4:30 pm Flow - Liz 6:00 pm Yin Stretch - Liz		