

# Motif's Weekly Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							<u>Sadhana</u>
7:30						<u>Mysore Style</u>	
9:00						<u>Ashtanga</u>	
10:00	<u>Belly Dance</u>		<u>Yoga Synthesis</u>				
11:00					<u>Yoga Synthesis</u>		

- contact us reg. drop in attendance -

17:30		<u>Kundalini Yoga</u>					
18:00	<u>Kundalini Yoga</u>						
18:30			<u>World Dance</u>	<u>Belly Dance</u>			
19:00		<u>Drum &amp; Dance</u>			<u>Sensual Dance</u>		
19:30	<u>Moon Yoga</u>		<u>Moon Yoga</u>	<u>Restorative</u>			