

SUNDAY	MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY
1		2	3	4	4		5	6	7
10:00am Sunday Soundbath 11:00am Aerial Basics	10:30am Flow Yoga	9:30am Gentle Yoga				9:00am Restore Yoga 10:30am Aerial Gentle	5 6 9:30am Gentle Yoga 9:30am Gentle Yoga 11:00am Chakra Yoga 9:30am Gentle Yoga 5:30pm Aerial Gentle 9:30am Gentle Yoga 19 20 9:30am Gentle Yoga 9:30am Gentle Yoga 5:30pm Aerial Gentle 9:30am Gentle Yoga 26 27 9:30am Gentle Yoga 9:30am Gentle Yoga 9:30am Gentle Yoga 9:30am Gentle Yoga	9:30am Gentle Yoga 11:00am Chakra Yoga	
	6:30pm Begin Yoga	7:00pm Flow Yoga	6	6:30pm Aerial Basics		5:30pm Yin Yoga 7:00pm Aerial Flow			· ·
8		9	10	11		•	12	13	14
	10:30am Flow Yoga	9:30am Gentle Yoga				9:00am Restore Yoga 10:30am Aerial Gentle			9:30am Gentle Yoga 11:00am Chakra Yoga
	6:30pm Begin Yoga	7:00pm Flow Yoga			_	5:30pm Yin Yoga		5:30pm Aerial Gentle	
						7:00pm Aerial Flow			
15	1	6	17	18	8	1	19	20	21
10:00am Sunday Soundbath 11:00am Aerial Basics	10:30am Flow Yoga	9:30am Gentle Yoga		9:00am Restore Yoga 3:30pm Aerial Basics 10:30am Aerial Gentle			9:30am Gentle Yoga	9:30am Gentle Yoga 11:00am Chakra Yoga	
	6:30pm Begin Yoga	7:00pm Flow Yoga				5:30pm Yin Yoga	-		C
					-	7:00pm Aerial Flow			
22		.3	24	28	5	2	26	27	28
	10:30am Flow Yoga	9:30am Gentle Yoga						9:30am Gentle Yoga	9:30am Gentle Yoga 11:00am Chakra Yoga
	6:30pm Begin Yoga	7:00pm Flow Yoga						5:30pm Aerial Gentle	
29	3	80							
10:00am Sunday Soundbath 11:00am Aerial Basics	10:30am Flow Yoga								
	6:30pm Begin Yoga								