

DECEMBER /JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13 8:30 Vinayasa Yoga 10:00 Cardio Fit	14 8:30 Gentle Yoga	15 8:30 Vinayasa Yoga 10:00 Cardio Fit 5:30 Slow Flow Yoga	16 8:30 Gentle Yoga	17 8:30 Vinayasa Yoga 10:00 Cardio Fit	18
19	20 8:30 Vinayasa Yoga 10:00 Cardio Fit	21 8:30 Gentle Yoga	22 8:30 Vinayasa Yoga 10:00 Cardio Fit 5:30 Slow Flow Yoga	23	24 8:30 Vinayasa Yoga 10:00 Cardio Fit	25
26	27 8:30 Vinayasa Yoga 10:00 Cardio Fit	28	29 8:30 Vinayasa Yoga 10:00 Cardio Fit 5:30 Slow Flow Yoga	30	31 8:30 Vinayasa Yoga 10:00 Cardio Fit	1
2	3 8:30 Vinayasa Yoga 10:00 Cardio Fit	4 8:30 Gentle Yoga	5 8:30 Vinayasa Yoga 10:00 Cardio Fit 5:30 Slow Flow Yoga	6 8:30 Gentle Yoga	7 8:30 Vinayasa Yoga 10:00 Cardio Fit	8
9	10 8:30 Vinayasa Yoga 10:00 Cardio Fit	11 8:30 Gentle Yoga	12 8:30 Vinayasa Yoga 10:00 Cardio Fit 5:30 Slow Flow Yoga	13 8:30 Gentle Yoga	14 8:30 Vinayasa Yoga 10:00 Cardio Fit	15