

December

See our website:

www.yogaetcfalmouth.com for more information about classes!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kelli 9:30-10:30 1 Slow Flow Yoga	Michael 9:30-10:30. 2 Yoga for Strength and Alignment	Kelli 9:30-10:30. 3 Slow Flow Yoga	Michelle 6:00-7:15. 4 "Mash up" Yoga Series	Michael 9:30-10:30. 5 Yoga for Strength and Alignment	6
7	Kelli 9:30-10:30 8 Slow Flow Yoga	Michael 9:30-10:30. 9 Yoga for Strength and Alignment	Kelli 9:30-10:30 10 Slow Flow Yoga	Michelle 6:00-7:15 11 "Mash up" Yoga Series	Michael 9:30-10:30 12 Yoga for Strength and Alignment	13
Katy 9:30-10:45 Strengthen & Soothe 14 Carly 5:30-7:00 Sound & Acupuncture	Kelli 9:30-10:30 15 Slow Flow Yoga	Michael 9:30-10:30. 16 Yoga for Strength and Alignment	Kelli 9:30-10:30 17 Slow Flow Yoga (Michael subs)	Michelle 6:00-7:15 18 "Mash up" Yoga Series	Michael 9:30-10:30 19 Yoga for Strength and Alignment	20
21	Kelli 9:30-10:30 22 Slow Flow Yoga	Michael 9:30-10:30. 23 Yoga for Strength and Alignment	Kelli 9:30-10:30 24 Slow Flow Yoga	25 Merry Christmas!	Michael 9:30-10:30 26 Yoga for Strength and Alignment	27
28	Kelli 9:30-10:30 29 Slow Flow Yoga	Michael 9:30-10:30 30 Yoga for Strength and Alignment	Kelli 9:30-10:30 31 Slow Flow Yoga			