

	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15
GMT-05							
4am							
5am							
6am							
7am				Foundational Yoga 7am, 3066 NY-22			
8am							
9am	Foundational Yoga 8:15am, 3066 NY-22			Slow Flow Yoga 8:15am, 3066 NY-22			Foundational Yoga 8:15am, 3066 NY-22
10am	Zen Yoga (Chair & Floor) 9:30am, 3066 NY-22			All Level Vinyasa Yoga 9:30am, 3066 NY-22			Restorative Yoga 9:30am, 3066 NY-22
11am	Family Yoga Class 10:45am, 3066 NY-22			Chair Yoga 10:45am, 3066 NY-22			Chair Yoga 10:45am, 3066 NY-22
12pm							Zen Yoga for Teens 12pm, 3066 NY-22
1pm							
2pm							
3pm							
4pm				Chill-dren's Yoga 4pm, 3066 NY-22		All Level Vinyasa Yoga 4pm, 3066 NY-22	
5pm							
6pm				Foundational Yoga 5:30pm, 3066 NY-22		Holistic Holid Restorative Y Hour Open Ho 5:30pm, 5 Dov 5:30 – 9pm	
7pm				Restorative Yoga 6:45pm, 3066 NY-22	December HCC 6:30 – 8pm Asian Tempta	Evening Vinya 7pm, 3066 NY	Zen Fusion Yoga 6:45pm, 3066 NY-22
8pm							
9pm							
10pm							
11pm							

