

	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22
GMT-05							
1am							
2am							
3am							
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							
1pm							
2pm	Meet Your Ancestors 2pm, 3066 NY-22						
3pm							
4pm							
5pm				Chill-dren's Yoga 4pm, 3066 NY-22		All Level Vinyasa Yoga 4pm, 3066 NY-22	
6pm				Foundational Yoga 5:30pm, 3066 NY-22		Restorative Yoga 5:30pm, 5 Dover Village Plaza	
7pm				Restorative Yoga 6:45pm, 3066 NY-22	Evening Vinyasa with Deb 7pm, 3066 NY-22	Zen Fusion Yoga 6:45pm, 3066 NY-22	
8pm						Winter Solstice 7 - 9pm 3066 NY-22	

