

WINTER 2011/2012

Open time slots are available for private and semi-private sessions. Classes are subject to change. New classes are built based on student request. Feel free to mention your desires to the director.

Classes in Yellow are donation only.

Classes in Orange require Pre-registration. Contact Jeny.

- All Level
- Beginner
- Intermediate
- Specific Focus
- Advanced
- Outdoors

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		ACTIVE FLOW 7:00AM - 8:00AM	RISE & SHINE 7:00AM - 8:00AM	RISE & SHINE 7:00AM - 8:00AM		
			CORE FLOW 8:00AM-9:00AM			RISE & SHINE 8:00AM - 9:00AM
	ALIGNMENT REFINEMENT 9:15AM-10:45AM				ALIGNMENT REFINEMENT 9:15AM-10:45AM	
	BABY LOVE 11:00AM-11:45AM				HEALTHY MOMMIES 11:00AM-12:00PM	
	BASIC FLOW 12:30PM-1:30PM				BASIC FLOW 12:30PM-1:30PM	
	HEALTHY MOMMIES 4:30PM-5:30PM		BABY LOVE 4:15PM-5:00PM			
DEEP STRETCH 5:00PM - 6:15PM	GUIDED MEDITATION 5:30PM-6:00PM	MOUNTAIN FLOW 5:00PM - 6:00PM	YOGA BASICS 5:30PM-7:00PM			ONCE EACH MONTH COMMUNITY CLASS
	ACTIVE FLOW 6:00PM-7:30PM	INVERSION IMMERSION 6:00PM - 7:00PM		ALL LEVEL FLOW 6:00PM-7:30PM		FREE/Donation only
						CHECK THE WEBSITE FOR INFO