



December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30am-ALBasic w/Dayna	2 9:00am-ALBasic w/Sybil
3 9:00am-ALBasic w/Ari	4 10:00am-Restorative w/Sybil 6:00pm-Gentle w/Danielle	5 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:45pm-ALFlow w/Maggie	6 7:00am-ALFlow w/Maggie 5:00pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	7 9:00am-ALFlow w/Jenny 6:30pm-ALFlow w/Ari	8 8:30am-ALBasic w/Dayna	9 9:00am-ALBasic w/Sybil
10 9:00am-ALBasic w/Wendy	11 10:00am-Restorative w/Sybil 6:00pm-Gentle w/Danielle	12 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:45pm-ALFlow w/Maggie	13 7:00am-ALFlow w/Maggie 5:00pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	14 9:00am-ALFlow w/Jenny 6:30pm-ALFlow w/Ari	15 8:30am-ALBasic w/Dayna	16 9:00am-ALBasic w/Shaura
17 9:00am-ALBasic w/Ari	18 10:00am-Restorative w/Sybil 6:00pm-Gentle w/Danielle	19 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:45pm-ALFlow w/Maggie	20 7:00am-ALFlow w/Maggie 5:00pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	21 9:00am-ALFlow w/Jenny 6:30pm-ALFlow w/Ari	22 8:30am-ALBasic w/Dayna	23 9:00am-ALBasic w/Sybil
24/31 9:00am-ALBasic w/Ari	25 *Happy Holidays*	26 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:45pm-ALFlow w/Maggie	27 7:00am-ALFlow w/Maggie 5:00pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	28 9:00am-ALFlow w/Jenny 6:30pm-ALFlow w/TBA	29 8:30am-ALBasic w/Dayna	30 9:00am-ALBasic w/Sybil

Restorative Yoga Gentle – Gentle Yoga Chair – Chair Yoga ALBasic – All Levels Basic Yoga ALFlow – All Levels Flow Yoga Ball- Yoga Ball