



January 2018

NEW CLASS TIME TUESDAY NIGHT 6:30PM

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

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