



# February 2018

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