



January Schedule 2012

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00 AM					Advanced Practice with Paula **NEW TIME**		
8:30 AM						Gentle Flow 1 Kate	
9:15 AM	Gentle Flow 1 Kate	Anusara Inspired Yoga 2 Paula	Gentle Flow 1 Kate	Anusara Inspired Yoga 1-2 Paula	Gentle Flow 1 Kate		
10:00 AM						Anusara Inspired Yoga 2-3 Paula	Sunday Yoga All levels Rotating Teachers
11:00 AM	Anusara Inspired Beginners** Paula						
12:00 PM						Kate's Beginner Series Begins January 7	
5:30 PM				Anusara Inspired Yoga 1-2 Paula **NEW TIME**	Heartful Yoga All levels Mallika		
6:30 PM	Gentle Flow 1 Kate	Jivamukti Flow Brenda	Mindful Yoga Dennis and Kathy				
Series classes**	** Beginner's Series class are separate from weekly on-going classes. Walk-ins and members welcome Monday's class. Please go on-line for dates, times and to contact teachers. Kate's next Beginners class starts January 2012.						

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See you soon!