

# SUMMER 2010

MON	TUES	WED	THURS	FRI	SAT	SUN
7:00 - 8:00 <b>\$5 hot yoga</b> adriana	7:00 - 8:00 <b>\$5 hot yoga</b> corrina	7:00 - 8:00 <b>\$5 hot yoga</b> claudia	7:00 - 8:00 <b>\$5 hot yoga</b> corrina	7:00 - 8:00 <b>\$5 hot yoga</b> claudia	7:30 - 8:45 <b>why all levels</b> kathy	8:30 - 10:00 <b>hot yoga</b> christine/ corrina
9:15 - 10:30 <b>why all levels</b> jane	9:15 - 10:30 <b>gentle yoga</b> rebecca	9:15 - 10:30 <b>why all levels</b> jude	9:00 - 10:15 <b>gentle yoga</b> sharon	9:15 - 10:30 <b>why all levels</b> linda	8:00 - 9:00 <b>\$5 intro to why power</b> staff	9:00 - 10:15 <b>gentle yoga</b> sharon
9:30 - 11:00 <b>why power i</b> marcia	9:30 - 11:00 <b>hot yoga</b> nykki	9:30 - 11:00 <b>why power i</b> christine	9:30 - 11:00 <b>hot yoga</b> nykki	9:30 - 11:00 <b>why power i &amp; ii</b> corrina	9:00 - 10:30 <b>why power i &amp; ii</b> nykki	10:15 - 11:45 <b>why all levels</b> carissa/ christine
12:15 - 1:15 <b>\$5 gentle yoga</b> sharon	12:15 - 1:15 <b>\$5 why power i</b> bethany	12:15 - 1:15 <b>\$5 gentle yoga</b> sharon	12:15 - 1:15 <b>\$5 why power i</b> bethany	12:15 - 1:15 <b>\$5 gentle yoga</b> jude	9:15 - 10:30 <b>gentle yoga</b> kathy	
4:30 - 5:30 <b>\$5 gentle yoga</b> staff	4:30 - 5:45 <b>restorative yoga</b> corrina	4:30 - 5:30 <b>\$5 gentle yoga</b> adriana	4:30 - 5:45 <b>restorative yoga</b> corrina		10:45 - 12:00 <b>hot yoga</b> corrina	
4:30 - 5:45 <b>why power i</b> marcia	4:30 - 5:45 <b>hot yoga</b> carissa	4:30 - 5:45 <b>why power i</b> marcia	4:30 - 5:45 <b>hot yoga</b> carissa	4:30 - 5:45 <b>why power i</b> marcia	1:00 - 2:00 <b>FREE</b> <b>intro to yoga</b> staff 6.19, 7.17 8.21, 9.11	3:00 - 4:00 <b>community yoga</b> staff <b>\$5 donation</b> <i>ends for summer 6.20</i>
6:00 - 7:15 <b>intro to yoga i</b> kristi 6 wk series begins 7.5	6:00 - 7:30 <b>hot yoga</b> nykki	6:00 - 7:15 <b>gentle yoga</b> david/staff	6:00 - 7:15 <b>intro to yoga i</b> leslie 6 wk series begins 7.1	5:00 - 6:15 <b>restorative yoga</b> sharon		
6:00 - 7:30 <b>why power i</b> barbara	6:15 - 7:15 <b>\$5 intro to why power</b> jane	6:00 - 7:30 <b>why power i</b> linda	6:00 - 8:00 <b>why power i &amp; ii</b> barbara	6:00 - 7:30 <b>hot yoga</b> nykki		4:15 - 5:30 <b>prenatal yoga</b> margaret
7:30 - 8:45 <b>yin yoga &amp; meditation</b> kevin	7:30 - 8:45 <b>intro to yoga i</b> nykki 6 wk series begins 7.6	7:30 - 8:45 <b>intro to yoga i</b> kristi 6 wk series begin 6.23	7:30 - 8:45 <b>why all levels</b> linda			5:45 - 7:00 <b>why all levels</b> linda
7:45 - 9:00 <b>core/ab power</b> barbara 8 wk series begins 6.21	7:45 - 9:00 <b>gentle yoga</b> sharon/kathy	8:00 - 9:00 <b>FREE ... meditation</b> staff				

