

# WHY WINTER SCHEDULE 2012

effective January 2, 2012

| Monday   | Tuesday                                       | Wednesday                                    | Thursday  | Friday                                      | Saturday   | Sunday  |
|--|---|--|---|---|--|---|
|  | 6:15 - 7:15<br>WHY Power i<br>Jen             |  | 6:15 - 7:15<br>WHY Power i<br>Jen   |   | 7:30 - 8:45 am<br>WHY All Levels<br>Kathy                            | 8:30 - 10:00 am<br>Hot Yoga<br>Shankara                       |
| 9:15 - 10:30 am<br>WHY All Levels<br>Jude                                  | 9:15 - 10:30 am<br>Gentle Yoga<br>Sharon      | 9:15 - 10:30 am<br>WHY All Levels<br>Bethany | 9:15 - 10:30 am<br>Gentle Yoga<br>Jude                                    | 9:15 - 10:30 am<br>Kundalini<br>Marcia      | 8:00 - 9:00 am<br>\$6 Intro to<br>WHY Power<br>Staff                 | 9:00 - 10:15 am<br>Gentle Yoga<br>Sharon                      |
| 9:30 - 11 am<br>WHY Power i<br>Marcia                                      | 9:30 - 11 am<br>Hot Yoga<br>Nykki             | 9:30 - 11 am<br>WHY Power i<br>Christine     | 9:30 - 11 am<br>Hot Yoga<br>Nykki   | 9:30 - 11 am<br>WHY Power i & ii<br>Corrina | 9:00 - 10:30 am<br>WHY Power i & ii<br>Nykki                         | 10:30 am - noon<br>WHY All Levels<br>Carissa/Shankara         |
| noon - 1 pm<br>\$6 WHY Power i<br>Bethany                                  | noon - 1 pm<br>\$6 WHY Power i<br>Linda       | noon - 1 pm<br>\$6 WHY Power i<br>Bethany    | noon - 1 pm<br>\$6 WHY Power i<br>Linda                                   |   | 9:30 - 10:45 am<br>Gentle Yoga<br>Kathy/Shankara                     | 10:45 am - 12:15 pm<br>WHY Power i<br>Adriana/Jane            |
| 12:15 - 1:15 pm<br>\$6 Gentle Yoga<br>Sharon                               | 12:15 - 1:15 pm<br>\$6 Gentle Yoga<br>Adriana | 12:15 - 1:15 pm<br>\$6 Gentle Yoga<br>Sharon | 12:15 - 1:15 pm<br>\$6 Gentle Yoga<br>Adriana                             | 12:15 - 1:15 pm<br>\$6 Gentle Yoga<br>Jude  | 11 am - 12:15 pm<br>Hot Yoga<br>Corrina                              |   |
| 4:30 - 5:45 pm<br>Gentle Yoga<br>Ali                                       | 4:30 - 5:45 pm<br>Restorative Yoga<br>Corrina | 4:30 - 5:45 pm<br>Gentle Yoga<br>Aaron       | 4:30 - 5:45 pm<br>Restorative Yoga<br>Corrina                             | 4:30 - 5:45 pm<br>Gentle Yoga<br>Aaron      | 11 - 11:45 am<br>WHY Kids: Special<br>Needs with Becca<br>2.4 - 2.25 | 3:00 - 4:00 pm<br>WHY Kids (4-8)<br>Becca<br>2.26, 3.25, 4.22 |
| 4:30 - 5:45 pm<br>WHY Power i<br>Marcia                                    | 4:30 - 5:45 pm<br>Hot Yoga<br>Carissa         | 4:30 - 5:45 pm<br>WHY Power i<br>Marcia      | 4:30 - 5:45 pm<br>Hot Yoga<br>Carissa                                     | 4:30 - 5:45 pm<br>WHY Power i<br>Marcia     | noon - 6 pm<br>OPEN STUDIO<br>3.10                                   | 3:00 - 4:00 pm<br>Community Yoga<br>Staff                     |
| 6:00 - 7:15 pm<br>Gentle Yoga<br>Achala                                    | 6:00 - 7:30 pm<br>Hot Yoga<br>Nykki           | 6:00 - 7:30 pm<br>WHY Power i<br>Jane        | 6:00 - 7:15 pm<br>Intro to Yoga<br><i>8 wk series begins 3.22</i><br>Jude | 6:00 - 7:30 pm<br>Hot Yoga<br>Nykki         | 1:00 - 2:00 pm<br>FREE Intro to Yoga<br>Staff<br>2.11, 3.10, 4.21    | 4:15 - 5:30 pm<br>Prenatal Yoga<br>Ali                        |
| 6:00 - 7:30 pm<br>WHY Power i<br>Barbara                                   | 6:15 - 7:30 pm<br>WHY All Levels<br>David     | 6:15 - 7:30 pm<br>Gentle Yoga<br>Shankara    | 6:00 - 7:45 pm<br>WHY Power i & ii<br>Barbara                             |   |  | 5:45 - 7:00 pm<br>WHY All Levels<br>Linda                     |
| 7:30 - 8:45 pm<br>Yin Yoga<br>Kevin  | 7:45 - 9:00 pm<br>Gentle Yoga<br>Shankara     | 7:45 - 9:00 pm<br>Yin Yoga<br>Kevin          | 7:30 - 8:45 pm<br>WHY All Levels<br>Linda                                 |   |  |   |
| 7:45 - 9:00 pm<br>Intro to Yoga<br><i>8 wk series begins 3.12</i><br>Nykki | 7:45 - 9:00 pm<br>Core/Ab Power<br>Nic        | 8:00 - 9:00 pm<br>FREE Meditation<br>Staff   | 8:00 - 9:00 PM<br>Core/Ab Power<br>Marcia                                 |   |  |   |