

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6p – 8p Yoga2hour with Patty Gorder	2
3	4 Relieve Your Neck & Shoulders with Allison Rissel Open to Everyone 5:30p -8:30p	5 9a – 10a Classical Yoga – Sub Alert Diane Relieve Your Neck & Shoulders with Allison Rissel Open to Yoga Teachers Only 5:30p -8:30p	6 9a – 10a Classical Yoga – Sub Alert Diane	7 11a – 12p Gentle Yoga 5:30p – 6:30p Level II Yoga with Tori	8	9
10	11 5:45p – 6:45p Yoga Basics	12	13	14 5:30p – 6:30p Level II Yoga with Tori	15	16
17	18 5:45p – 6:45p Yoga Basics Sub Alert Wanda	19 9a – 10 am Classical Yoga	20 9a – 10 am Classical Yoga	21 5:30p – 6:30p Level II Yoga with Tori	22	23
24	25 5:45p – 6:45p Yoga Basics Sub Alert Tiffany 7p - 8p Myofascial Release for Yoga	26 9a – 10 am Classical Yoga	27 9a – 10 am Classical Yoga	28 11a – 12a Gentle Yoga 5:30p – 6:30p Level II Yoga with Tori	29	30

