

WEEKLY CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 7:00am			Morning Hour Flow Mixed Level I - II Mary G.		Morning Hour Flow Mixed Level I - II Erin		
8:00am - 9:00am	Morning Hour Flow Mixed Level I - II Erin					Morning Hour Flow Mixed Level I - II Alex	Morning Hour Flow Mixed Level I - II Tracy
9:00am - 10:00am					Flow - Fundamentals Eliza		
9:15am - 10:15am						Flow - Mixed Level Fundamentals to Level I Eliza	
9:30am - 10:45am	Flow Mixed Level I - II Tracy	Flow Mixed Level I - II Natalie	Flow Mixed Level I - II Alex	Flow Mixed Level I - II Liz P.	Flow Mixed Level I - II Billy		Flow Mixed Level I - II Lisa
10:30am - 11:45am or 12:00pm	Flow - Fundamentals Liz G.		Flow - Fundamentals Natalie			Flow - Level II Mary G. Iyengar - Level I Rahel (90 min) <i>*class ends at 12:00</i>	
11:00am - 12:00pm 11:00am - 12:15pm 11:00am - 12:30pm		Iyengar - Fundamentals Rahel (75 min) <i>*class ends at 12:15pm</i>	Gentle Chair - Over 55 Ann * (60 min)	Iyengar - Level I Rahel (90 min) <i>*class ends at 12:30</i>			Iyengar - Level I Mary W. (90 min) <i>*class ends at 12:30</i>
11:15am - 12:15pm							Flow - Fundamentals Lisa
12:00pm - 1:00pm	Lunch Hour Flow Mixed Level I - II Liz G.	Lunch Hour Flow Level II Natalie		Lunch Hour Flow Level II Liz P.	Lunch Hour Flow Mixed Level I - II Liz G.		
1:00pm - 2:30pm							Iyengar Level II Mary W.
2:00pm - 3:00pm							<i>Family Yoga - April 8</i>
4:00pm - 5:15pm					Flow - Level I Amanda		Restorative - Gentle (Liz P., Liz R., Alysia, or Eliza)
5:30pm - 6:45pm	Iyengar - Fundamentals Rahel	Restorative - Gentle JoAnne					<i>Yoga Philosophy - April 8 (60 min) - FREE CLASS</i>
5:45pm - 6:45pm	Evening Hour Flow Mixed Level I - II Billy	Evening Hour Flow Mixed Level I - II Alex	Yoga for Athletes Mixed Level I - II Alex Move and Meditate All Level - Tracy	Evening Hour Flow Mixed Level I - II Natalie	Evening Hour Flow Mixed Level I - II Alex		
6:00pm - 7:15pm					Rope Wall Class Level I and above Sue		
7:00pm - 8:15pm	Flow - Level I Liz P. Slow Flow Mixed Level I - II Cathleen	Iyengar Mixed Level I - II Mary W. Flow Mixed Level I - II Julies	Flow - Level II Alex	Iyengar - Fundamentals Shari Flow - Level II Tracy	Restorative - Gentle Liz R.		