



MON	TUES	WED	THUR	FRI	SAT	SUN
Revised Nov. 2011					8:00-9:15 Beginners	8:30-9:45 Mixed Flow
8:00-8:45 Core Conditioning	9:15-10:30 Mixed Flow		9:15-10:30 All Levels	9:15-10:45 Power Yoga		
				New! 12:30-1:30 Lunchtime Flow	9:30-11:00 Intermediate	10:00-11:00 Beginners
	4:00-5:15 Yoga/Core All levels		4:00-5:15 Mixed Flow	New! 4:00-5:15 Happy hour Flow		New Time 4:30-6:00 Intermediate Mixed Flow
5:30-6:45 Beginner Flow	5:30-6:45 Intermediate	6:00-7:00 Beginner Flow	6:00-7:00 Beginners	6:00-7:48 108 Minutes of Power		
7:15-8:45 Mixed/ Intermediate	7:15-8:45 Ashtanga <small>2nd series first tue. of each month</small>	7:15-8:30 Power Yoga	7:15-8:45 Specialty Classes \$15 drop in \$10 Monthly Members see website for details!	 Various Fridays check website for dates & other special events!	Class cards are good for all regular classes. Drop-ins welcome to any class. Come to any class that fits your	 room is heated