

Weekly Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		6:00-7:00 am Morning Asana (Kelly)	8:00-9:00 Hot Yoga (Kelly)	6:00-7:00am Morning Asana (Anneliese/Kelly)	6:30- 7:30am <i>Meditations from the Mat</i> Yoga and dicussion group. Must be pre-registered \$100 for 8 weeks	
9:00-10:00 am Yoga for Stiff People (Kelly)		8:30-9:45 Yoga Jam (Jaxon)		8:30-9:45 Hatha Flow (Kelly)		8:00-9:15 Yoga (Kelly / Anneliese)
11:30-12:15 am Baby and Me Yoga (Yvonne)	12:00-1:00 Yoga Flow (Yvonne)		12:00-1:00 Yoga Flow (John)		12:00-1:00 Power Yoga (Kelly/Yvonne)	9:30-10:20 Beginner/Restorative (Kelly / Anneliese)
4:30-5:45 Hot Yoga (Kelly)		4:00-5:00pm Yoga (John)		4:00-5:00pm Yoga (John)		
	5:30-6:45 Prana Flow Level 2/3 (Darron)	5:10-6:00 Prenatal Yoga (Kelly)	6:30-7:30 Candle Light Yoga (heated room) (Jaxon)	5:10-6:00 Yoga for Stiff People (Margot)	*5:00-6:00 Hot Yoga (Kelly) 6:00-7:30pm One Year of Relationships 3/30	
	7:00-7:50 Beginner/Restorative (Darron)	6:00-7:15 Yoga Flow (Anneliese)	7:30-8:30 Meditation Course *Starts 1/4 must pre-register \$60 for 10 weeks	6:00-7:15 Yoga (Amanda)		*Some weeks we have FAC instead of hot yoga on Fridays.... Check online for dates