

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-7:30am		Ashtanga Yoga		Ashtanga Yoga		
7:45am-8:30am		Seniors Yoga				
9:30am - 10:40				Pre/Post Natal Yoga		
11:00am-12:40				Healing & Recovery		
3:00pm-4:00pm						Yoga/stretch
4:15pm-5:00pm	Kids Yoga					Relaxation
4:15pm-5:15pm					Yoga	
4:45pm-5:55pm			Tardies Yoga			
6:00pm-7:30pm	Ashtanga Yoga	Yoga/stretch				
6:30pm-7:15pm				Meditation		