

# February 2012: Regular Schedule

Anusara Inspired : Yoga Geek : Ashtanga : Core Flow : Detox : Gentle Awareness : Hatha : Bedtime Flow : Pre-Natal : Suspension/Aerial : Workshops\*

Sunday	Monday	Tuesday	1 Wednesday	2 Thursday	3 Friday	4 Saturday
			12:00 Anusara Inspired (60) Kim  4:45(60) Teens & Tweens 6:00 Gentle(60) Nitsa 7:30 Detox(75) Kirstin	5:45 Pre-Natal(75)Kirstin 7:15 Core Flow(60) Megan 8:30 Bedtime Flow (45)Megan	9:30 Hatha Basic (75) June  6:30 Yoga Geek (75) Soni	8:30 Suspension Yoga (60) Catherine 10:00 Hatha Level 1 (90) Kimberley 12:00 Hatha Level 1 (60) Kimberley
5 9:00 Yoga Geek (60) Soni 11:00 Yoga Geek(90) Soni  7:00 Women's Self Empowerment/Healing Group (150) June	6 12:00 Anusara Inspired (60) Kim 1:00 Suspension Yoga (60) Catherine  6:15 Ashtanga Level 1/2 (60) Kiran 7:30 Meditation (45) Kiran	7 12:00 Hatha Level 1(60) Megan  6:15 Hatha Level 1(60) Jesse 7:30 Mindful Movement (75) Jesse	8 12:00 Anusara Inspired (60) Kim  4:45(60) Teens & Tweens 6:00 Gentle(60) Nitsa 7:30 Detox(75) Kirstin	9  5:45 Pre-Natal(75)Kirstin 7:15 Core Flow(60) Megan 8:30 Bedtime Flow (45) Megan	10 9:30 Hatha Basic (75) June  6:30 Yoga Geek(75) Soni	11 8:30 Suspension Yoga (60) Catherine 10:00 Hatha Level 1 (90) Patricia 12:00 Hatha Level 1 (60) Patricia
12 9:00 Ashtanga Basic (60) Justine 11:00 Ashtanga Level 1 (90) Justine  7:00 Women's Self Empowerment/Healing Group (150) June	13 12:00 Anusara Inspired (60) Kim 1:00 Suspension Yoga (60) Catherine  6:15 Ashtanga Level 1/2 (60) Kiran 7:30 Meditation (45) Kiran	14 12:00 Hatha Level 1(60) Megan  6:15 Hatha Level 1(60) Jesse 7:30 Mindful Movement (75) Jesse	15 12:00 Anusara Inspired (60) Kim  4:45(60) Teens & Tweens 6:00 Gentle(60)Nitsa 7:30 Detox(75) Kirstin	16  5:45 Pre-Natal(75)Kirstin 7:15 Core Flow(60) Megan 8:30 Bedtime Flow (45) Megan	17 9:30 Hatha Basic (75) June  6:30 Yoga Geek (75) Soni	18 8:30 Suspension Yoga (60) Catherine 10:00 Hatha Level 1 (90) Kimberley 12:00 Hatha Level 1 (60) Kimberley
19 9:00 Yoga Geek (60) Justine 11:00 Yoga Geek(90) Justine  7:00 Women's Self Empowerment/Healing Group (150) June	20 12:00 Anusara Inspired (60) Kim 1:00 Suspension Yoga (60) Catherine  6:15 Ashtanga Level 1/2 (60) Kiran 7:30 Meditation (45) Kiran	21 12:00 Hatha Level 1(60) Megan  6:15 Hatha Level 1(60) Jesse 7:30 Mindful Movement (75) Jesse	22 12:00 Anusara Inspired (60) Kim  4:45(60) Teens & Tweens 6:00 Gentle(60) Nitsa 7:30 Detox(75) Kirstin	23  5:45 Pre-Natal(75)Kirstin 7:15 Core Flow(60) Megan 8:30 Bedtime Flow (45) Megan	24 9:30 Hatha Basic (75) June  6:30 Yoga Geek (75) Jesse	25 8:30 Suspension Yoga (60) Catherine 10:00 Hatha Level 1 (90) Patricia 12:00 Hatha Level 1 (60) Patricia
26 9:00 Ashtanga Basic (60) Justine 11:00 Ashtanga Level 1 (90) Justine  7:00 Women's Self Empowerment/Healing Group (150) June	27 12:00 Anusara Inspired (60) Kim 1:00 Suspension Yoga (60) Catherine  6:15 Ashtanga Level 1/2 (60) Kiran 7:30 Meditation (45) Kiran	28 12:00 Hatha Level 1(60) Megan  6:15 Hatha Level 1(60) Patricia 7:30 Mindful Movement (75) Patricia	29 12:00 Anusara Inspired (60) Kim  4:45(60) Teens & Tweens 6:00 Gentle (60) Nitsa 7:30 Detox(75) Kirstin	<div style="border: 2px solid green; padding: 10px; display: inline-block; margin: 5px;"> <p style="text-align: center;"><b>Teens &amp; Tweens Workshop</b> Wednesdays 4:45-5:45pm</p> </div> <div style="border: 2px solid green; padding: 10px; display: inline-block; margin: 5px; margin-left: 20px;"> <p style="text-align: center;"><b>Mom and Baby Workshop</b> Wednesdays 1:30-2:45pm</p> </div>		

\*Workshops: No Passes! Pre Registration Required

# February 2012: Hot Schedule

Hot Fusion Flow : **Yogalates** : Mindful Vinyasa : **Mindful Vinyasa Level 2**: Cleansing Vinyasa : **Yogalite** : Karma (No Passes) : **Workshops (No Passes)**

Sunday	Monday	Tuesday	1 Wednesday	2 Thursday	3 Friday	4 Saturday
			6:30(60) Catherine 9:30 (60) Kim 12:00(60) Megan 1:30(75) Mom & Baby  5:00(75) Rose 7:00(60) Jennifer 8:30(60) Jennifer	9:30(75) Kiran 12:00(60) Erica  5:00(60) Trish 6:30(90)Trish 8:30(60) Trish	6:30(60) Joanne 9:30(75) Joanne 12:00(60) Bianca  5:00(75) Jennifer 6:30(60) Jennifer 8 :00 (60) Andrea	8:00(90) Kimberley 10:00(75) Rose 12:00(60) Rose
5 9:30 (75) Mike 12:00 (60) Mike  5:00 (75) Jesse	6 6:30(60)Catherine 9:30(60)Sofia 10:45(45) Sofia  5:00(60) Erica 7:00(60) Megan 8:30(45)Megan	7 9:30(90)Megan  5:00(60) Justine 6:30(90) Justine 8:30 (60) Justine	8 6:30(60) Catherine 9:30 (60) Kim 12:00(60)Megan 1:30(75) Mom & Baby  5:00(75) Rose 7:00(60) Jennifer 8:30(60) Jennifer	9 9:30(75) Kiran 12:00(60) Erica  5:00(60)Trish 6:30(90) Sounds of Yoga 8:30(60)Trish	10 6:30(60) Catherine 9:30(75) Catherine 12:00(60) Bianca  5:00(75) Christine 6:30(60) Christine 8:00 (60) Andrea	11 8:00(90) Kimberley 10:00(75)Kimberley 12:00(60)Kimberley  2:00 (120): Michael Siddall
12 9:30 (75) Mike 12:00 (60)Mike  5:00 (75) Jesse	13 6:30(60)Catherine 9:30(60) Sofia 10:45(45) Sofia  5:00(60) Erica 7:00(60) Megan 8:30(45)Megan	14 9:30(90) Megan  5:00(60)Justine 6:30(90) Justine 8:30 (60) Justine	15 6:30(60) Catherine 9:30(60) Kim 12:00(60)Megan 1:30(75) Mom & Baby  5:00(75) Rose 7:00(60) Jennifer 8:30(60) Jennifer	16 9:30(75) Kiran 12:00(60) Erica  5:00(60)Trish 6:30(90) Trish 8:30(60)Trish	17 6:30(60) Joanne 9:30(75) Joanne 12:00(60) Bianca  5:00(75) Jennifer 6:30(60) Jennifer 8 :00 (60) Andrea	18 8:00(90) Kimberley 10:00(75) Rose 12:00(60) Rose
19 9:30 (75) Mike 12:00 (60) Mike  5:00 (75) Jesse	20 6:30(60) Catherine 9:30(60) Sofia 10:45(45) Sofia  5:00(60) Erica 7:00(60) Megan 8:30(45) Megan	21 9:30(90) Megan  5:00(60)Justine 6:30(90) Justine 8:30 (60) Justine	22 6:30(60) Catherine 9:30(60) Kim 12:00(60) Megan 1:30(75) Mom & Baby  5:00(75) Rose 7:00(60) Jennifer 8:30(60) Jennifer	23 9:30(75) Kiran 12:00(60) Erica  5:00(60) Evanthia 6:30(90) Evanthia 8:30(60) Evanthia	24 6:30(60) Catherine 9:30(75) Catherine 12:00(60) Bianca  5:00(75) Christine 6:30(60) Christine 8:00 (60) Andrea	25 8:00(90) Kimberley 10:00(75)Kimberley 12:00(60)Kimberley
26 9:30 (75) Mike 12:00 (60) Mike  5:00(75) Jesse	27 6:30(60)Catherine 9:30(60) Sofia 10:45(45) Sofia  5:00(60) Erica 7:00(60) Megan 8:30(45) Megan	28 9:30(90) Megan  5:00(60)Justine 6:30(90) Justine 8:30 (60) Justine	29 6:30(60) Catherine 9:30(60) Kim 12:00(60) Megan 1:30(75) Mom & Baby  5:00(75) Rose 7:00(60) Jennifer 8:30(60) Jennifer	<div style="border: 2px solid green; padding: 10px; text-align: center;"> <p><b>Michael Siddall</b> February 11<sup>th</sup> 2012: Backbends &amp; Heart Opening April 21<sup>st</sup> 2012: Handstands, Inversions &amp; Arm Balances <b>2:00 – 4:00 pm</b></p> </div>		