

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle- Nancy 5-Level 2-Sarah T 6:30-Level 1-Sarah T	2 9:00-Level 3-Liz 9:00-Med-Christina 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle- Carolyn	3 9AM-Mixed Level-Kerry 9AM-Mindful-Sandy
4 2-4-Brain Yoga- Kim & Gege	5 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle- Carolyn 6:00-Yin-Erin 6:00- Mindful Motion- Bone Strengthening- Sandy	6 9:00-Level 1-Sarah T 10:30-Level 3-Sarah T 10:30-Restore-Heather 5:00- Level 2 -Rodney 5:00-Level 1-Susan 6:30-YogaMoves-Rodney 6:30-Level 1&2-Susan	7 9:00 - Ageless Mixed Lev- Hips & Hamstrings- Mary Lou 9:30-Yin-Sarah T 10:30-Gentle/Ageless- Mary Lou 6:30-Flow 2&3-Liz 6:30-Prenat-Christina	8 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle- Carolyn 5-Level 2-Kerry 6:30-Level 1-Kerry	9 9:00-Level 3-Randi 9:00-Med-Mary Lou 10:30-Level 1-Randi 10:30- Ageless/Gentle- Sandy	10 9AM-Mixed Level-Liz 9AM-Mindful-Jim 10:30-6:30-300 Hr TT
11 10:00-6:00-300 Hr TT	12 9- Ageless Lev 1- Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle- Mary Lou 6:00-Yin-JoRoyce 6:00- Mindful Motion- Back - Mary	13 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 -Rodney 5:00-Level 1-Debbie 6:30-YogaMoves-Rodney 6:30-Level 1&2-Debbie	14 9:00- Ageless Mixed Lev- Core & More - JoRoyce 9:30-Yin-Sarah T 10:30-Gentle/Ageless- Carolyn 6:30-Flow 2&3-Randi 6:30-Prenat-Christina	15 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle- Nancy 5-Level 2-Sarah T 6:30-Level 1-Sarah T	16 9:00-Level 3-Liz 9:00-Med/Restor- Heather 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle- Carolyn	17 9AM-Mixed Level-Kerry 9AM-Mindful-Kevin
18 4pm-Restorative Flow- Randi	19 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle- Balls - Carolyn 6:00-Yin-Linda 6:00- Mindful Motion- Hips & Hamstrings- Mary Lou	20 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 -Rodney 5:00- Level 1-Christina 6:30-YogaMoves-Rodney 6:30-Level 1&2-Christina	21 9:00- Ageless Mixed Lev- Breath&Balance-Mary Lou 9:30-Yin-Erin 10:30-Gentle/Ageless- Mary Lou 6:30-Flow 2&3-Liz 6:30-Prenat-Christina	22 9:00-Level 2-Sarah O 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1- Carolyn 11:00-Ageless Gentle- Nancy 5-Level 2-Kerry 6:30-Level 1-Kerry	23 9:00-Level 3-Randi 9:00-Med-Mary Lou 10:30-Level 1-Randi 10:30- Ageless/Gentle- Mary Lou	24 9AM-Mixed Level- Randi 9AM-Mindful-Mary 10:30-6:30-200 Hr TT
25 10:00-6:00-200 Hr TT	26 9- Ageless Lev 1- Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle- Mary Lou 6:00-Yin-Mary Lou 6:00- Mindful Motion- Balance - Mary	27 9:00-Level 1-Randi 10:30-Level 3-Randi 10:30-Restore-Heather 5:00- Level 2 -Kerry 5:00-Level 1-Debbie 6:30-Vinyasa Flow-Kerry 6:30-Level 1&2-Debbie	28 9:00- Ageless Mixed Lev- Neck&Shoulders-Christina 9:30-Yin-Erin 10:30-Gentle/Ageless- Carolyn 6:30-Flow 2&3-Randi 6:30-Prenat-Christina			

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