

# January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>1</b> <b>Happy New Year!</b>  10:30-Noon-Mixed Level- "Reflection & Intention"- Liz	<b>2</b> 9:00- Ageless Lev 1 – Mary Lou 9:30-Yin-Linda 10:30-Gentle/Ageless- Mary Lou 6:00-Flow 2&3-Brier	<b>3</b> 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle- Carolyn (balls) 5-Level 2-Kerry 6:30-Level 1-Kerry	<b>4</b> 9:00-Level 3-Randi 9:00-Med-Mary Lou 10:30-Level 1-Randi 10:30- Ageless/Gentle- Sandy	<b>5</b> 9AM-Mixed Level- Kerry 9AM-Mindful-Jim 10:30-12-Drumming & Chanting- Sarah & Robin
<b>6</b>	<b>7</b> 9- Ageless Lev 1-Heather 10:30-Level 2-Randi 10:30- Ageless/Gentle- Carolyn 6:00-Yin-Brier 6:00- Gentle-Mary	<b>8</b> 9:00-Level 1-Christina 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Susan 6:30-VinYin-Rodney 6:30-Level 1&2-Susan	<b>9</b> 9:00- Ageless Lev 1 – Carolyn 9:30-Yin-Erin 10:30-Gentle/Ageless- Carolyn 6:00-Flow 2&3-Randi	<b>10</b> 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1- Carolyn 11:00-Ageless Gentle- Sandy 5-Level 2-GeGe 6:30-Level 1-GeGe	<b>11</b> 9:00-Level 3-Liz 9:00-Restore/Med- Christina 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle- Sandy	<b>12</b> 9AM-Mixed Level-Liz 9AM-Mindful-Sandy 10:30-6:30-200 Hr TT
<b>13</b> 10:00-6:00-200 Hr TT	<b>14</b> 9- Ageless Lev 1-Heather 10:30-Level 2-Kim 10:30- Ageless/Gentle- Sandy 6:00-Yin-Mary Lou 6:00- Gentle-Sandy	<b>15</b> 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-VinYin-Randi 6:30-Level 1&2-Debbie	<b>16</b> 9:00- Ageless Lev 1 – Carolyn 9:30-Yin-Mary Lou 10:30-Gentle/Ageless- Carolyn 6:00-Flow 2&3-Brier	<b>17</b> 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	<b>18</b> 9:00-Level 3-Randi 9:00-Restore/Med- Christina 10:30-Level 1-Randi 10:30- Ageless/Gentle- Mary Lou	<b>19</b> 9AM-Mixed Level- Randi 9AM-Mindful-Mary
<b>20</b>	<b>21</b> 9- Ageless Lev 1-Kim 10:30-Level 2-Debbie 10:30- Ageless/Gentle- Mary Lou 6:00-Yin-Louise 6:00- Gentle-Mary	<b>22</b> 9:00-Level 1-Randi 10:30-Level 3-Randi 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Susan 6:30-VinYin-Brier 6:30-Level 1&2-Susan	<b>23</b> 9:00- Ageless Lev 1- Mary Lou 9:30-Yin-Erin 10:30-Gentle/Ageless- Mary Lou 6:00-Flow 2&3-Kerry	<b>24</b> 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1- JoRoyce 11:00-Ageless Gentle- Carolyn 5-Level 2-GeGe 6:30-Level 1-GeGe	<b>25</b> 9:00-Level 3-Liz 9:00-Med-Mary Lou 10:30-Level 1-Sue (balls) 10:30- Ageless/Gentle- Carolyn	<b>26</b> 9AM-Mixed Level- Kerry 9AM-Mindful- Mary Lou 10:30-6:30-300 Hr TT
<b>27</b> 10:00-6:00-300 Hr TT  4-5:15pm-Restorative Flow-Randi	<b>28</b> 9- Ageless Lev 1-Heather 10:30-Level 2-Kim 10:30- Ageless/Gentle- Carolyn (balls) 6:00-Yin-Brier 6:00- Gentle-Mary Lou	<b>29</b> 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Debbie 10:30-Restore-Heather 5:00- Level 2 –Kerry 5:00-Level 1-Christina 6:30-VinYin-Kerry 6:30-Level 1&2-Christina	<b>30</b> 9:00- Ageless Lev 1 – JoRoyce 9:30-Yin-Mary Lou 10:30-Gentle/Ageless- Carolyn 6:00-Flow 2&3-Randi	<b>31</b> 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1- Carolyn 11:00-Ageless Gentle- Sandy 5-Level 2-Kerry 6:30-Level 1-Kerry		

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