

Community Yoga Schedule

Day	Time	Studio A	Teacher	Studio B	Teacher	Notes
Sunday	7:00-8:30 am			Ashtanga Demystified	Shanna	starting 3/1
	8:30-10:00 am	Hatha Yoga	Amy			
	10:30-11:30 am	Vinyasa	Amy			note #4
	4:00-5:30 pm	Hatha Yoga	Heather	3-4:30 Prenatal Yoga	Laurie	4/5/09 note #4
Monday	9:30-10:45 am	Yoga Basics	Jane			
	11:00-12:00	Back Care	Jane			4/6/09
	4:30-5:30 pm	Tween	Amy			2/9 to 3/16
	6:00-7:30 pm	Hatha Yoga	Kristen	Jivamukti Inspired	Lisa	starts 4/6
	7:30-8:30 pm	Nia	Kate E.			
Tuesday	6:00-7:00 am	Sunrise Yoga	Meg			
	9:45-11:00 am	Anusara-Inspired Yoga	Stephanie			
	4:30 - 5:15	Kid Yoga	Sam			2/3 to 3/10
	6:00-7:15 pm	Svaroopaa	Polly			Note #5
	7:30-9:00 pm	Prenatal Yoga	Michele			
Wednesday	9:30-11:00 am	Svaroopaa Bliss Yoga	Polly			Note #5
	12-1:00 pm	Power Hour (lunch)	Shanna			Starting 3/4
	3:30-4:15 pm	Kids Meditation	Mimi			4/1 (register)
	6:00-7:30 pm	Ashtanga-Inspired	Lisa			
	7:30-8:30 pm	Pilates	Katie			
Thursday	6:00-7:00 am	Sunrise Yoga	Laurie			Ends 3/26/09
	9:30-11:00 am			Stretch and Release	Lisa	3/19/09
	10:00-11:00 am	Tai Chi	Joe			
	4-5:30 pm	Yoga, for teachers!	Angela			
	6:00-7:25 pm	Hatha Yoga	Amy			
	7:30-8:30 pm	Yoga Basic	Amy	Prenatal Yoga	Laurie/ Amy	starting 4/2
Friday	6:30-8:30am	Mysore Ashtanga	Shanna			starting 3/6
	9:45-11:00 am	Yoga	Molly			
	12-1:00 pm			Power Hour (lunch)	Shanna	starting 3/1
	12:15-1:15	Gentle Yoga	Laurie			
	*4:30-5:30	Happy Hips	Michelle	4-5:30 Jivamukti Insp.	Lisa	starting 3/13/09
	6:00-7:30 pm	Deep Stretch (Yin)	Michelle			
Saturday	8:30-9:55 am	Strength and Stillness	Sam			
	10:30-12 AM	Svaroopaa	Polly	time change 4/4/09		note #5