

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	30	31	CC = Community Class - only \$5 K = Karma - by donation only (min \$8 Donation) MF = Moksha Flow - our series in a flow YY = Yang-Yi -first half powerful-second half passive DF = Detox Flow S = Silent - teacher practises wth the class - minimal instruction				1
6:30	Debbie (60)	7:00 Doug (60)					
9:30	Debbie (90)	Diane (90)					Thommy (75) YY
12:00	Debbie (60)	Diane (60)					Sarah H (60)
4:30	Erin (75) MF	Sam (75) MF					Sarah H (60)
6:30	Erin (60)	Sam (60)					
8:30	Erin (60)	Sarah H (60)					
	2	3	4	5	6	7	8
6:30		7:00 Ashley (60)	Thommy (60) S	6:15 Doug (60)	Jill (60)	8:30	Ashlie B (60)
9:30	Debbie (90)	Ashley (90)	Carolyn (90)	Doug (75)	Jill (90)	10:00	Ashlie B (75)
12:00	Debbie (60)	Kaycelyn (60)	Carolyn (60)	Doug (60)	Ashley (60)	12:00	Diane (60)
4:30	Erin (75) MF	Sam (75) MF	Joy (75) MF	Joy (75) MF	Kate (75) MF	2:00	Sabrina (60) CC
6:30	Erin (60)	Sam (60)	Joy (60)	Joy (60)	Kate (60)	4:00	Sarah M (60) CC
8:30	Erin (60)	Sam (60)	Thommy (60)	Joy (60)	Kate (60) K	6:00	
	9	10	11	12	13	14	15
6:30	Debbie (60)	7:00 Jill (60)	Brock (60)	6:15 Brock (60) S	Jill (60)	8:30	Marsha (60)
9:30	Debbie (90)	Diane (90)	Joy (90)	Erin (75)	Carolyn (90)	10:00	Marsha (75)
12:00	Brock (60)	Diane (60)	Joy (60)	Erin (60)	Carolyn (60)	12:00	Diane (60)
4:30	Erin (75) MF	Sam (75) MF	Doug (75) MF	Joy (75) MF	Kate (75) MF	2:00	Sabrina (60) CC
6:30	Erin (60)	Sam (60)	Doug (60)	Joy (60)	Kate (60)	4:00	Ashlie B (60) CC
8:30	Erin (60)	Sam (60)	Doug (60)	Joy (60)	Kate (60) K	6:00	
	16	17	18	19	20	21	22
6:30	Brock (60)	7:00 Jill (60)	Brock (60) S	6:15 Doug (60)	Jill (60)	8:30	Danny (60)
9:30	Stroud (90)	Diane (90)	Carolyn (90)	Doug (75)	Carolyn (90)	10:00	Danny (75)
12:00	Stroud (60)	Diane (60)	Carolyn (60)	Doug (60)	Carolyn (60)	12:00	Danny (60)
4:30	Erin (75) MF	Sam (75) MF	Doug (75) MF	Brock (75) MF	Kate (75) MF	2:00	Sarah M (60) CC
6:30	Erin (60)	Sam (60)	Lauren (60)	Ashley (60)	Kate (60)	4:00	Jennifer (60) CC
8:30	Erin (60)	Sarah H (60)	Lauren (60)	Ashley (60)	Kate (60) K	6:00	
	23	24	25	26	27	28	29
6:30	Brock (60)	7:00 Doug (60)	Jill (60)	6:15 Thommy(60) S	Jill (60)	8:30	Shan (60)
9:30	Stroud (90)	Diane (90)	Carolyn (90)	Erin (75)	Gerald (90)	10:00	Shan (75)
12:00	Stroud (60)	Diane (60)	Carolyn (60)	Erin (60)	Gerald (60)	12:00	Diane (60)
4:30	Erin (75) MF	Sam (75) MF	Gerald (75) MF	Jill (75) MF	Kate (75) MF	2:00	Sarah M (60) CC
6:30	Erin (60)	Sam (60)	Gerald (60)	Rebecca (75) YY	Kate (60)	4:00	Jennifer (60) CC
8:30	Erin (60)	Rebecca (60)	Gerald (60)	Rebecca (60)	Kate (60) K	6:00	

August 2010 **REGULAR**

info@mokshayogaburlington.com

905.631.9595

	Monday	Tuesday	Wednesday	Thursday	Friday
Time	30	31	Healing = yin postures, self acupressur + breath		
8:00			PN = prenatal A1 = Ashtanga all levels		
9:45			R = Restorative H1 = Hatha 1		
11:30			Y = Yin postures held passively to reach		
4:45			K = Karma - by donation only		
6:00	A1 Natalie (60)		ML = Moksha Lite - The series in a non heated room		
8:00	ML Kaycelyn(75)	H1 Jennifer (60)	M =Meditation		
	2	3	4	5	6
8:00					
9:45					
11:30					
4:45					
6:00			6:45 Y Dominiq(60)	A1 Natalie (60)	
8:00		H1 Jennifer (60)	ML Kaycelyn (75)	Heal Jennifer(60)	
	9	10	11	12	13
8:00					
9:45					
11:30					
4:45					
6:00	A1 Natalie (60)			A1 Natalie (60)	
8:00	ML Ashley (75)	H1 Jennifer (60)	ML Carolyn (75)		
	16	17	18	19	20
8:00					
9:45					
11:30					
4:45					
6:00	A1 Natalie (60)		6:45 Y Dominiq(60)	A1 Natalie (60)	
8:00	ML Ashley (75)	H1 Jennifer (60)	ML Edward (75)	Heal Jennifer(60)	
	23	24	25	26	27
8:00					
9:45					
11:30					
4:45					
6:00	A1 Natalie (60)		6:45 Y Dominiq(60)	A1 Natalie (60)	
8:00	ML Ashley (75)	H1 Jennifer (60)	ML Edward (75)	Heal Jennifer(60)	

	Saturday	Sunday
Time		1
9:30		
10:15		
11:30		
1:00		
3:30		
7:00		
	7	8
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30	PN Dominiq (90)	
1:00		
3:30		R Dominique (90)
7:00		
	14	15
9:30	R Flow Diane(90)	
10:15		
11:30		
1:00		
3:30		R Dominique (90)
7:00		
	21	22
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30	PN Dominiq (90)	
1:00		
3:30		R Dominique (90)
7:00		
	28	29
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30	PN Dominiq (90)	
1:00		
3:30		R Dominique (90)
7:00		