

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	PV = Power Vinyasa -a fast paced flow class 6:30 K = Karma - by donation only (min \$8 Donation) 9:30 S = silent class - silent flow for advanced students 12:00 L2=Moksha Level 2 class 4:30 YY = Yang - Yin - half fast pace / half very slow 6:30 MM =Moksha Mix - our traditional flow mixed up with different poses 8:30 MF = Moksha Flow -series in a flow					Time	
					1	2	3
					closed	8:30 Kate (60)	
						10:00 Kate (75)	Brian (90) YY
						12:00 Diane (60)	Brian (60) MM
					still closed	2:00 Sarah (60)	Jill (60)
						4:00 Sarah (60)	Jill (60)
						6:00	Thommy (60)
	4	5	6	7	8	9	10
6:30	Debbie (60)	7:00 Thommy(60)	Brock (60)	6:15 Doug (60)	Gerald (60) S	8:30 Amy (60)	
9:30	Brock (90)	Diane (90)	Joy (90)	Doug (75)	Gerald (90)	10:00 Amy (75) MF	Brian (90) YY
12:00	Debbie (60)	Diane (60)	Joy (60)	Doug (60)	Gerald (60)	12:00 Diane (60)	Brian (60) MM
4:30	Erin (75) MF	Tori (75) MF	Gerald (75) MF	Joy (75) MF	Tori (75) MF	2:00 Nicole (60)	Tori (60)
6:30	Erin (60)	Tori (60)	Gerald (60)	Joy (60)	Tori (60)	4:00 Nicole (60)	Tori (75)
8:30	Erin (60)	Tori (60)	Gerald (60)	Joy (60)	Tori (60) K	6:00	Tori (60)
	11	12	13	14	15	16	17
6:30	Debbie (60)	7:00 Thommy(60)	Brock (60)	6:15 Thommy(60) S	Gerald (60)	8:30 Kate (60)	
9:30	Brock (90)	Diane (90)	Carolyn (90)	Kate (75)	Gerald (90)	10:00 Kate (75)	Brian (90) YY
12:00	Debbie (60)	Diane (60)	Carolyn (60)	Kate (60)	Gerald (60)	12:00 Diane (60)	Brian (60) MM
4:30	Erin (75) MF	Amy (75) MF	Gerald (75) MF	Joy (75) MF	Rebecca (60)	2:00 Sarah (60)	Jess L (60)
6:30	Erin (60)	Cara (60)	Gerald (60)	Joy (60)	Rebecca (75) L2	4:00 Sarah (60)	Jess L (75)
8:30	Erin (60)	Cara (60)	Gerald (60)	Joy (60)	Rebecca (60) K	6:00	Jess L (60)
	18	19	20	21	22	23	24
6:30	Debbie (60)	7:00 Brock(60)	Brock (60)	6:15 Doug (60)	Gerald (60) S	8:30 Danny (60)	
9:30	Brock (90)	Diane (90)	Joy (90)	Doug (75)	Gerald (90)	10:00 Danny (75) MF	Brian (90) YY
12:00	Debbie (60)	Diane (60)	Joy (60)	Doug (60)	Gerald (60)	12:00 Danny (60)	Brian (60) MM
4:30	Erin (75) MF	Cara (75) MF	Gerald (75) MF	Joy (75) MF	Rebecca (60)	2:00 Doug (60)	Eric (60)
6:30	Erin (60)	Cara (60)	Gerald (60)	Joy (60)	Rebecca (75) L2	4:00 Doug (60)	Eric (75)
8:30	Erin (60)	Nicole (60)	Gerald (60)	Joy (60)	Rebecca (60) K	6:00	Thommy (60)
	25	26	27	28	29	30	31
6:30	Debbie (60)	7:00 Thommy(60)	Brock (60)	6:15 Thommy(60) S	Gerald (60)	8:30 Rebecca (60)	
9:30	Brock (90)	Diane (90)	Carolyn (90)	Kate (75)	Gerald (90)	10:00 Rebecca (90) YY	Brian (90) YY
12:00	Debbie (60)	Diane (60)	Carolyn (60)	Kate (60)	Gerald (60)	12:00 Diane (60)	Brian (60) MM
4:30	Erin (75) MF	Amy (75) MF	Gerald (75) MF	Joy (75) MF	Rebecca (60)	2:00 Brock (60)	Jill (60)
6:30	Erin (60)	Cara (60)	Gerald (60)	Joy (60)	Rebecca (75) L2	4:00 Brock (60)	Jill (60)
8:30	Erin (60)	Cara (60)	Gerald (60)	Joy (60)	Rebecca (60) K	6:00	Thommy (60)

January 2010 **REGULAR**

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	Monday	Tuesday	Wednesday	Thursday	Friday
Time	Healing = self acupressure, plus breath, restorative and yin poses				1
8:00					closed
9:45	R = Restorative H1 = Hatha 1				
12:00	Y = Yin postures held passively to reach ligaments + fascia				still closed
4:45	IN = Inversions and arm balances				
6:00	TY = transformation yoga				
8:00	PN = prenatal A1 = Ashtanga all levels				
	4	5	6	7	8
8:00					
9:45		TY Clayton (75)		TY Clayton (75)	
11:30					
4:45					
6:00	A1 Natalie (60)		6:45 Y Dominiq (60)	A1 Natalie (60)	A1 Natalie (60)
8:00	IN Shanine (60)	H1 Jennifer (60)	IN Shanine (60)	Heal Jennifer(60)	
	11	12	13	14	15
8:00					
9:45		TY Clayton (75)		TY Clayton (75)	
11:30					
4:45					
6:00	A1 Natalie (60)		6:45 Y Dominiq (60)	A1 Natalie (60)	A1 Natalie (60)
8:00	IN Shanine (60)	H1 Jennifer (60)	IN Shanine (60)	Heal Jennifer(60)	
	18	19	20	21	22
8:00					
9:45		TY Clayton (75)		TY Clayton (75)	
11:30					
4:45					
6:00	A1 Natalie (60)		6:45 Y Dominiq (60)	A1 Natalie (60)	A1 Natalie (60)
8:00	IN Shanine (60)	H1 Jennifer (60)	IN Shanine (60)	Heal Jennifer(60)	
	25	26	27	28	29
8:00					
9:45		TY Clayton (75)		TY Clayton (75)	
11:30					
4:45					
6:00	A1 Natalie (60)		6:45 Y Dominiq (60)	A1 Natalie (60)	A1 Natalie (60)
8:00	IN Shanine (60)	H1 Jennifer (60)	IN Shanine (60)	Heal Jennifer(60)	

	Saturday	Sunday
Time	2	3
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30		
1:00		
3:30		R Shanine (90)
7:00		
	9	10
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30	PN Dominiq (90)	
1:00		
3:30		R Shanine (90)
7:00		
	16	17
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30	PN Dominiq (90)	
1:00		
3:30		R Shanine (90)
7:00		
	23	24
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30	PN Dominiq (90)	
1:00		
3:30		R Shanine (90)
7:00		
	30	31
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30	PN Dominiq (90)	
1:00		
3:30		R Shanine (90)
7:00		