

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

July 2010 **REGULAR**

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Monday Tuesday Wednesday Thursday Friday

Time	Healing = yin postures, self acupressur + breath			1	2
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	ML = Moksha Lite - The series in a non heated room			A1 Natalie (60)	
8:00	M =Meditation			Heal Jennifer(60)	
	5	6	7	8	9
8:00					
9:45					
11:30					
4:45					
6:00	A1 Natalie (60)	6:15M Brock(75) K	6:45 Y Dominiq(60)	A1 Natalie (60)	
8:00	ML Ashley (75)	H1 Jennifer (60)	ML Kaycelyn (75)	Heal Jennifer(60)	
	12	13	14	15	16
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 Carolyn (75)	Heal Jennifer(60)	
	19	20	21	22	23
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)	
	26	27	28	29	30
8:00					
9:45					
11:30					
4:45					
6:00	A1 Natalie (60)	6:15M Brock(75) K	6:45 Y Dominiq(60)	A1 Natalie (60)	
8:00	ML Ashley (75)	H1 Jennifer (60)	ML Carolyn (75)	Heal Jennifer(60)	

Saturday Sunday

Time	3	4
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		
	10	11
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		
	17	18
9:30	R Flow Diane(90)	
10:15		
11:30	PN Dominiq (90)	
1:00		
3:30		CANCELLED
7:00		
	24	25
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		
	31	
9:30	R Flow Diane(90)	
10:15		
11:30	PN Dominiq (90)	
1:00		
3:30		
7:00		