



# Sala Schedule

## MONDAY

6:30 - 7:30 PM	Feldenkrais® for Life	Lucien
----------------	--------------------------	--------

## WEDNESDAY

7:00 - 8:20 AM	Yoga: Levels 1, 2	Kaitlyn
----------------	-------------------	---------

9:30 - 10:50 AM	Yoga: All Levels	Maria N.
-----------------	------------------	----------

12:00 - 1:00 PM	Yoga: All Levels	Thomas
-----------------	------------------	--------

1:30 - 2:30 PM	Slow Deep Stretch	Joyce
----------------	-------------------	-------

3:30 - 4:30 PM	Yoga: Kids' Class*	Maria D.
----------------	--------------------	----------

4:45 - 6:05 PM	Yoga: Community Class	Lucy
----------------	--------------------------	------

6:30 - 7:50 PM	Yoga: Midweek Restorative	Virginia
----------------	------------------------------	----------

## FRIDAY

7:00 - 8:20 AM	Yoga: Levels 1 & 2	Kaitlyn
----------------	--------------------	---------

9:30 - 10:50 AM	Yoga: All Levels	Maria N.
-----------------	------------------	----------

12:00 - 1:00 PM	Yoga: All Levels	Thomas
-----------------	------------------	--------

1:30 - 2:30 PM	Qigong	Daniel
----------------	--------	--------

3:00 - 4:00 PM	Feldenkrais® for Fitness	Lucien
----------------	-----------------------------	--------

4:45 - 6:05 PM	Yoga: Community Class	Stacie
----------------	--------------------------	--------

6:30 - 7:50 PM	Yoga: End of Week Restorative	Maria N.
----------------	----------------------------------	----------

## SATURDAY

8:30 - 9:20 AM	Vinyasa Flow	Maria Z.
----------------	--------------	----------

10:00 - 11:20 AM	Yoga: Level 1	Stacie
------------------	---------------	--------

5:15 - 6:35 PM	Yoga: Community Class, All Levels	Kiyomi
----------------	--------------------------------------	--------

6:45 - 7:45 PM	Tai Chi	Daniel
----------------	---------	--------

## TUESDAY

7:00 - 8:20 AM	Yoga: Level 1	Whakapaingia
----------------	---------------	--------------

9:30 - 10:50 AM	Yoga: All Levels Flow	Lucy
-----------------	--------------------------	------

12:00 - 1:00 PM	Yoga: Levels 1, 2	Yvette
-----------------	-------------------	--------

1:30 - 2:30 PM	Tai Chi	Daniel
----------------	---------	--------

3:00 - 4:20 PM	Yoga: Prenatal*	Stacie
----------------	-----------------	--------

4:45 - 6:15 PM	Ashtanga	Maria Z.
----------------	----------	----------

6:30 - 7:50 PM	Yoga: All Levels	Virginia
----------------	------------------	----------

## THURSDAY

7:00 - 8:20 AM	Yoga: Level 1	Whakapaingia
----------------	---------------	--------------

9:30 - 10:50 AM	Yoga: All Levels Flow	Lucy
-----------------	--------------------------	------

12:00 - 1:00 PM	Yoga: Levels 1, 2	Yvette
-----------------	-------------------	--------

1:30 - 2:30 PM	Tai Chi	Daniel
----------------	---------	--------

4:45 - 6:15 PM	Ashtanga	Maria Z.
----------------	----------	----------

6:30 - 7:50 PM	Yoga: All Levels	Virginia
----------------	------------------	----------

## SUNDAY

8:30 - 9:20 AM	Yoga: Level 1	Joyce
----------------	---------------	-------

10:00 - 11:20 AM	Yoga: All Levels Flow	Kiyomi
------------------	--------------------------	--------

4:30 - 5:50 PM	Yoga: Community Class, All Levels	Kiyomi
----------------	--------------------------------------	--------

Schedule effective June 21, 2010

\* Please sign up for this class to attend

