


3/1/2010

 <b>YOGA CLASSES</b>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
	<p><b>Slow Yoga Flow</b> Linda 4:15pm - 5:30pm</p>	<p><b>Yoga (Int)</b> Nicole 10:00am - 11:15am</p> <p><b>Yoga (Beg)</b> Marika 11:30am - 12:30pm</p>	<p><b>Yoga (Int)</b> Melissa 4:15pm - 5:30pm</p>	<p><b>Yoga (Beg.)</b> Melissa 10:00am - 11:00am</p> <p><b>Yoga (Int)</b> Marika 11:15am - 12:15pm</p>	<p><b>Yoga (Beg)</b> Nicole 4:00pm - 5:00pm</p> <p><b>Yoga (Int/Adv)</b> Luckie 5:15pm-6:30pm</p>	<p><b>Yoga (Int.)</b> CJ 10:15am - 11:30am</p>	<p><b>Yoga</b> Melissa 10:00am - 11:00am</p> <p><b>Yoga</b> Melissa 11:15am - 12:15pm</p> <p><b>Meditation</b> Nicole &amp; Hugh 4:00pm - 5:00pm</p>