



Ongoing Schedule

January 4 - April 30, 2010

Day	Time	Class Level	Teacher
Monday	8:30 - 9:45 am	Beginning Flow	Laura DeFreitas
	4:15 - 5:30 pm	All Levels	Theresa Elliott
	6:00 - 7:15 pm	Beginning	Theresa Elliott
	7:30 - 8:45 pm	Beginning	Dylan Noebels
Tuesday	9:30 - 11:00 am	Skill in Asana	Theresa Elliott
	6:15 - 7:15 pm	Gentle Yoga	Dylan Noebels
	7:30 - 8:45 pm	All Levels Flow	Laura DeFreitas
Wednesday	10:00-11:00 am	Senior Yoga	Melissa Samuels
	4:00 - 5:15 pm	Beginning Flow	Laura DeFreitas
Thursday	9:30 - 11:00 am	Intermediate Flow	Theresa Elliott
	6:00 - 7:15 pm	Universal Flow	Laura DeFreitas
	7:30 - 8:45 pm	Beginning Yoga	Dylan Noebels
Friday	8:30 - 9:45 am	Beginning Flow	Laura DeFreitas
Saturday	8:30 - 9:45 am	All Levels "Go"	Theresa Elliott
Sunday	5:30 - 6:45 pm	All Levels Flow	Laura DeFreitas
	7:00 - 8:15 pm	Yoga Nidra*	Laura DeFreitas

* Yoga Nidra meets on the 1st & 3rd Sunday of the month.