



Winter Schedule 2012:

Saturday January 7th

the yoga room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						8:15 - 9:30 Andrea All levels	
	10:00 - 11:15 Elissa (Drop in) Yin Yang All levels			10:00 - 11:15 Marisa (Drop in) Gentle Yoga All levels		10:00 - 11:15 Darlene (Drop in) All levels	
Afternoon	4:30 - 5:45 Elissa All levels	4:30 - 5:30 Elissa Teens	5:00 - 6:30 Elissa All levels				
	6:00 - 7:15 Elissa Beginner	6:00 - 7:15 Jody All levels	6:45 - 8:15 Elissa Intermediate Yin Yang	6:00 - 7:00 Jody (6 Weeks)* Absolute & Beginners			
Evening	8:00 - 9:30 Kim Restorative Yoga & Meditation	7:45 - 9:00 Marisa Gentle Yoga	8:30 - 9:30 Andrea (Drop in) Beginners/ All Levels	7:30 - 9:00 Kim Kundalini Beginners	Special Classes & Workshops		

All Classes are Pre Registered and will run for 12 weeks at a cost of \$207.00 taxes included

Drop ins available where noted - \$20 taxes included.

*** 6 Weeks - \$103.50 taxes included**

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