

July 2010 Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 9:30 AM - Restorative (PreNatal, Welcome) - Maria M. 4:00 PM - Vinyasa Mix-All Levels-Kristina	28 9:00 AM - Vinyasa Mix - All Levels - Ioanie 12:00 PM - Stress Relief & Massage - Maria M. 4:00 PM - Youth - 1-4yr-6yr 4:45 PM - Family w/ Youth - 7yr + 6:00 PM - Hatha Flow-All Levels-Marjie 7:15 PM - PreNatal - Theresa	29 6:00 AM - Sunrise Yoga - Maria M. 12:00 PM - Stress Relief & Massage - Maria M. 3:30 PM - Youth & Tween Mix - 7yr + 4:30 PM - Teens 12yr+ 5:30 PM - PAY WHAT YOU CAN - Intm/Adv Yoga - Caren 7:00 PM - Stress Relief - Maria M. 8:00 PM - Restorative Yoga - Maria M.	30 9:00 AM - Hatha Flow - All Levels - Kristina 12:00 PM - Hatha Flow - All Levels - Caren 6:00 PM - Hatha Flow-All Levels-Marjie 7:30 PM - Belly Dance - 4 week Session - Dharma	July 1 6:00 AM - Sunrise Yoga - Maria M. 9:00 AM - Hatha Flow - All Levels - Caren 11:00 AM - PAY WHAT YOU CAN - Parent & Tot's walk-3yrs. 5:30 PM - Beg/Intm Hatha - Maria M. 6:30 PM - Vinyasa Mix-All Levels-Ioanie 8:00 PM - Restorative Yoga-Maria M.	2 9:00 AM - PAY WHAT YOU CAN - All I Levels - Caren 10:00 AM - Chair Yoga-Mix Levels-Caren \$5/class 12:00 PM - Restorative Yoga-Maria M.	3 8:30 AM - Hatha Flow-All Levels-Caren 10:00 AM - Gentle Hot - All I Levels - Caren 11:00 AM - PAY WHAT U CAN-1st & 3rds- Parent& Tot's 2nd & 4th Family w/ Youth 4yr+
4 6:00 AM - CLOSED all Day	5 9:00 AM - Vinyasa Mix - All Levels - Ioanie 12:00 PM - Stress Relief & Massage - Maria M. 4:00 PM - Youth - 1-4yr-6yr 4:45 PM - Family w/ Youth - 7yr + 6:00 PM - Hatha Flow-All Levels-Marjie	6 6:00 AM - Sunrise Yoga - Maria M. 12:00 PM - Stress Relief & Massage - Maria M. 3:30 PM - Youth & Tween Mix - 7yr + 4:30 PM - Teens 12yr+ 5:30 PM - PAY WHAT YOU CAN - Intm/Adv Yoga - Caren 7:00 PM - Stress Relief - Maria M. 8:00 PM - Restorative Yoga - Maria M.	7 9:00 AM - Hatha Flow - All Levels - Kristina 12:00 PM - Hatha Flow - All Levels - Caren 6:00 PM - Hatha Flow-All Levels-Marjie 7:30 PM - Belly Dance - 4 week Session - Dharma	8 6:00 AM - Sunrise Yoga - Maria M. 9:00 AM - Hatha Flow - All Levels - Caren 11:00 AM - PAY WHAT YOU CAN - Parent & Tot's walk-3yrs. 5:30 PM - Beg/Intm Hatha - Maria M. 6:30 PM - Vinyasa Mix-All Levels-Ioanie 8:00 PM - Restorative Yoga-Maria M.	9 9:00 AM - PAY WHAT YOU CAN - All I Levels - Caren 10:00 AM - Chair Yoga-Mix Levels-Caren \$5/class 12:00 PM - Restorative Yoga-Maria M.	10 8:30 AM - Hatha Flow-All Levels-Caren 10:00 AM - Gentle Hot - All I Levels - Caren 11:00 AM - PAY WHAT U CAN-1st & 3rds- Parent& Tot's 2nd & 4th Family w/ Youth 4yr+
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