

Yoga Class Schedule



“Yoga teaches us to cure what need not be endured and endure what cannot be cured.”

~B.K.S. Iyengar~

Date/Time	Style	Level	Teacher	Date/Time	Style	Level	Teacher
<u>Monday</u>				<u>Thursday</u>			
9:15 am – 10:45 am	Hatha Focus	III	Adam	9:30am – 10:45am	Hatha Form	II	Jayne
11:00 am – 12:15 pm	Gentle Yoga	All	Allison	11:15am – 12:30pm	Gentle	All	Marcia
6:15pm – 7:30pm	Hatha Form	I / II	Nickie				
<u>Tuesday</u>				<u>Friday</u>			
9:30am – 10:45am	Hatha Form	II	Werner	7:00am – 8:15am	Kundalini	I / II	Scott
6:15pm – 7:30pm	Hatha Focus	II	Adam	9:15am – 10:45am	Hatha Focus	III	Nickie
				11:00am – 12:15pm	Hatha Form	I	Jayne
<u>Wednesday</u>				<u>Saturday</u>			
7:00am – 8:15am	Kundalini	I / II	Scott	8:15am – 9:30am	Hatha Focus	III	Nick
9:15am – 10:45am	Hatha Focus	III	Adam	9:45am – 11:00am	Hatha Form	I / II	Bruce
11:00 am – 12:15 pm	Gentle	All	Ruth Ann	11:30am – 12:45pm	Hatha Form	I / II	Bruce
6:15pm – 7:30pm	Hatha Focus	I / II	Werner				
				<u>Sunday</u>			
				9:30am – 11:00am	Anusara®	II	Sarah