



January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Alignment (Mindy) 11 am	2 Yoga Nidra (Danna) 6:10 pm	3 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm	4 No Classes	5 Kundalini (Kari) 10 am
6 Kundalini (Kari) 11 am Yoga Basics (Martha) 4 pm	7 Vinyasa Flow (Sarah) 6:10 pm	8 Morning Flow (Martha) 10 am Lengthen and Strengthen Flow Yoga (Martha) 6:10 pm	9 Yoga Nidra (Danna) 6:10 pm	10 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm	11 Hatha (Cassie) 10 am Mindful Movement and Meditation (Cassie) 12 pm	12 No Classes
13 Restorative (Susie) 11 am Yoga Basics (Martha) 4 pm	14 Vinyasa Flow (Sarah) 6:10 pm	15 Morning Flow (Martha) 10 am Lengthen and Strengthen Flow Yoga (Martha) 6:10 pm	16 Yoga Nidra (Danna) 6:10 pm	17 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm	18 Hatha (Cassie) 10 am Mindful Movement and Meditation (Cassie) 12 pm	19 Tibetan Bowl Meditation w/Vikki 10 am \$10/Members \$15/non-members
20 Yoga Basics (Martha) 4 pm	21 Vinyasa Flow (Sarah) 6:10 pm	22 Morning Flow (Martha) 10 am Lengthen and Strengthen Flow Yoga (Martha) 6:10 pm	23 Yoga Nidra (Danna) 6:10 pm	24 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm	25 Hatha (Cassie) 10 am Mindful Movement and Meditation (Cassie) 12 pm	26 Yoga for Pregnancy YTT 300
27 Restorative (Susie) 11 am Yoga for Pregnancy YTT 300	28 Kundalini (Mindy) 6:10 pm	29 Morning Flow (Martha) 10 am Lengthen and Strengthen Flow Yoga (Martha) 6:10 pm	30 Yoga Nidra (Danna) 6:10 pm	31 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm		

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