




# December 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 No Classes
2 No Classes	3 Mixed Level Flow (Mindy) 6:10 pm	4 Morning Flow (Martha) 10 am Lengthen and Strengthen Flow Yoga (Martha) 6:10 pm	5 Yoga Nidra (Danna) 6:10 pm	6 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm	7 Hatha (Cassie) 10 am Mindful Movement and Meditation (Cassie) 12 pm	8 No Classes
9 Restorative (Susie) 11 am	10 Vinyasa Flow (Sarah) 6:10 pm	11 Morning Flow (Martha) 10 am Lengthen and Strengthen Flow Yoga (Martha) 6:10 pm	12 Yoga Nidra (Danna) 6:10 pm	13 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm	14 Hatha (Cassie) 10 am Mindful Movement and Meditation (Cassie) 12 pm	15 No Classes
16 Yin (Mindy) 11 am	17 Kundalini (Mindy) 6:10 pm	18 Morning Flow (Martha) 10 am Lengthen and Strengthen Flow Yoga (Martha) 6:10 pm	19 Yoga Nidra (Danna) 6:10 pm	20 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm	21 Hatha (Cassie) 10 am Mindful Movement and Meditation (Cassie) 12 pm	22 No Classes
23 Restorative (Susie) 11 am	24 Vinyasa Flow (Sarah) 10 am	25 Merry Christmas 	26 Yoga Nidra (Danna) 6:10 pm	27 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm	28 No Classes	29 No Classes
30 No Classes	31 Vinyasa Flow (Sarah) 10 am					