


**SEPTEMBER 18<sup>th</sup> – OCTOBER 31<sup>st</sup>**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>9:00-10:30</b>	<b>6:00-10:00</b>	<b>6:00-9:30</b>	<b>6:00-10:00</b>	<b>6:00-9:30</b>	<b>7:00-8:30</b>	<b>9:30-11:00</b>
<b>Primary Series</b> All Levels Chris	<b>Mysore Style</b> Beg & All Levels Chris/Jenni	<b>Mysore Style</b> Beg & All Levels Chris	<b>Mysore Style</b> Beg & All Levels Chris/Jenni	<b>Mysore Style</b> Beg & All Levels Chris	<b>Primary Series</b> Beg & All Levels Jenni	<b>Primary Series</b> All Levels Jason
<b>10:30-11:00</b>		<b>9:30-10:30</b>		<b>9:30-10:30</b>		<b>10:30-11:30</b>
<b>Ashtanga Q &amp; A</b> w/ Jenni & Chris	Mysore class has posture cards available & hands on help	<b>Ashtanga Basics</b> Beg & All Levels Jenni	Mysore Start anytime 6am until 8:30am	<b>Ashtanga Basics</b> Beg & All Levels Kaylin	Mysore class is really supportive to beginners☺	<b>Ashtanga Basics</b> Beginners Lindsay
<b>11:00-11:45</b>	<b>12:00-1:10</b>	<b>12:00-1:10</b>	<b>12:00-1:00</b>	<b>12:00-1:05</b>	<b>12:00-1:10</b>	
<b>Kirtan Chanting</b> w/ Jenni All welcome	<b>Ashtanga Basics</b> Beg & All Levels Jenni	<b>Yin Yoga</b> All Levels Mia	<b>Power Flow</b> All Levels Jenni	<b>Yin Yoga</b> All Levels Jenni	<b>Ashtanga Basics</b> Beg & All Levels Jenni	
	<b>4:30-6:00</b>	<b>4:30-6:00</b>	<b>4:30-6:00</b>	<b>4:30-6:00</b>	<b>4:30-6:00</b>	
	<b>Primary Series</b> All Levels Jenni	<b>Mysore Style</b> Beg & All Levels Jenni	<b>Primary Series</b> All Levels Jenni	<b>Mysore Style</b> Beg & All Levels Jenni	<b>Primary Series</b> All Levels Jenni	
<b>5:15-6:30</b>		<b>5:15-6:30</b>	<b>6:00-7:30</b>	<b>5:15-6:30</b>	<b>5:15-6:30</b>	<b>4:00-5:15</b>
<b>Yin Yoga</b> All Levels Dannielle/Pam		<b>Powerflow</b> Live Music Emily or JacLyn	<b>Gentle flow &amp; sketch,</b> w/ Jenni & art therapist Sharon bring materials	<b>Power Flow</b> All Levels JacLyn	<b>Power Flow</b> All Levels Ananda	<b>Yin Yoga</b> All Levels Amber
	<b>6:30-7:45</b>	<b>6:00-7:30</b>	<b>6:30-7:45</b>	<b>6:00-7:30</b>		
	<b>Ashtanga Basics</b> Beginners Miranda	<b>Primary Series</b> All Levels Jenni	<b>½ Primary</b> Beg & All Levels Chris	<b>Primary Series</b> All Levels Chris		
	<b>6:15-7:30</b>	<b>7:15-8:30</b>	<b>7:30-8:45</b>			
	<b>Upanishads Study</b> w/ Radhika	<b>Ashtanga Basics</b> All Levels Chris	<b>Yin Yoga</b> All Levels Mia			