



June 2011 Mysore Challenge beginners week 1, 7:15-8am, week 2,7-8 am, week 3, your choice start- time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:30	6:30-9:30	6:30-9:30	6:30-9:30	6:30-9:30	7:00-8:30	9:30-11:00
Ashtanga Primary Series All Levels Jenni	Mysore Beginners Welcome* Jenni 6:45-8am Led ½ Primary Jenni & Apprentice	Mysore All Levels Beginners Welcome* *start with a 45 minute led practice build to a full 90 minutes as you are ready Jenni	Mysore All Levels Beginners Welcome* Mysore is great if you have injuries and need special modifications	Mysore All Levels Beginners Welcome* Mysore is the traditional method of Ashtanga yoga.	Ashtanga Primary Series All Levels Jenni is authorized by the KPJAYI of Mysore South India	Ashtanga Primary Series All Levels Jason
11:00-12:15	10-11:15	10:-11:15		10-11:15		11-12:15
Ashtanga Intro Beg & All Jenny H.	Ashtanga Intro By donation Jessi	Ashtanga Basics \$6-10 community class	MYSORE CHALLENGE JUNE 5-24 th , Brunch celebration Saturday the 25 th PRIZES & FUN	Ashtanga Basics \$6-10 Community Class		Ashtanga Intro Beg-All Jenni & YTT
	12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00	
	Ashtanga Basics Beg & All Levels Jenni	Yin Yoga Beg & All Levels Jessi	Power Flow All Levels Jenni	Yin Flow Beg & All Levels Jenni	Ashtanga Basics Beg & All Levels Jenni	
	4:00-6:25	4:00-6:25	4:00-6:25	4:00-6:25	4:00-6:00	4:15 -5:30
	Mysore & ½ led primary 5:15pm Beg & All Levels Jenni & assistant	Mysore Beg & All Levels Jason	Mysore Beg & All Levels Jenni & friends	Mysore Beg & All Levels Jenni	Mysore Style Beg & All Levels Jenni new class!	Yin Yoga All Levels Community class \$6-10
5:15-6:30		5:15-6:45	5:15-6:30	5:15-6:45	New time 5:00-6:30	
Yin Yoga All Levels Dannielle	Andrew class cancelled	Primary Series All Levels Jenni	½ Primary Series All Levels Miranda	Primary All Levels Jenni	Primary Series All Levels Miranda	
	6:30-7:30	7:00-8:30	6:30 -7:45			
	Ashtanga Basics Beg & All Ashley	Kirtan Chant & Hanuman Chalisa Jenni	Power flow All Levels Melanie			
		7:00-8:15	7:00-8:15	7:00-8:15		
		½ Primary Beg & All Levels Jenny H.	Yin Flow Beg & All Levels Mia	Ashtanga Intro \$6-10 Community Class Bay		