

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>6am-7:45am Mysore, Lisa</i> 8:00-9:15am Flow, Jill, L1/2 10am-11:30am Intro to Flow, Paula, L1 5:30pm-7pm Ashtanga, Lisa, L2	2 <i>6am-7:45am Mysore, Scott</i> 8am-9:15am Flow, Scott, L1/2 10am-11:45am Ashtanga, Lisa, L2/3 4:30pm-5:45pm Womens Shakti Yoga, Maria, Mixed 6pm-7:30pm Hatha, Chris, L1/2 7:30-8:15pm Meditation	3 <i>6am-7:45am Mysore, Lisa</i> 8am-9:15am Flow, Lisa, L1/2 4pm-5:30pm Flow, Katherine, L2 5:45pm-7:15pm AcroYoga, Joe/Emily, L2	4 <i>6am-7:45am Mysore, Scott</i> 8am-9:15am Flow, Scott, L1/2 10am-11:45am Flow, Lisa, L2 4:30pm-5:45pm Womens Shakti Yoga, Carrie, Mixed 6pm-7:30pm Hatha, Chris, L1/2	5 <i>6am-7:45am Mysore, Lisa</i> 8:00-9:15am Flow, Jill, L1/2 10am-11:30am Intro to Flow, Paula, L1 12:00-2pm Intermediate Hatha, Chris, L2/3 6pm-7:30pm Yoga Rhythms, Jade Beall, Mixed	6
7 11am – 12:45pm Ashtanga, Lisa, L1/2	8 <i>6am-7:45am Mysore, Lisa</i> 8:00-9:15am Flow, Jill, L1/2 10am-11:30am Intro to Flow, Katherine, L1 5:30pm-7pm Ashtanga, Lisa, L2	9 <i>6am-7:45am Mysore, Scott</i> 8am-9:15am Flow, Scott, L1/2 10am-11:45am Ashtanga, Lisa, L2/3 4:30pm-5:45pm Womens Shakti Yoga, Maria, Mixed 6pm-7:30pm Hatha, Chris, L1/2 7:30-8:15pm Meditation	10 <i>6am-7:45am Mysore, Lisa</i> 8am-9:15am Flow, Lisa, L1/2 4pm-5:30pm Flow, Katherine, L2 5:45pm-7:15pm AcroYoga, Natalie, L2	11 <i>6am-7:45am Mysore, Scott</i> 8am-9:15am Flow, Scott, L1/2 10am-11:45am Flow, Lisa, L2 4:30pm-5:45pm Womens Shakti Yoga, Carrie, Mixed 6pm-7:30pm Hatha, Chris, L1/2	12 <i>6am-7:45am Mysore, Lisa</i> 8:00-9:15am Flow, Jill, L1/2 10am-11:30am Intro to Flow, Katherine, L1 12:00-2pm Intermediate Hatha, Chris, L2/3 6pm-7:30pm Yoga Rhythms, Jade Beall, Mixed	13 NEW MOON
14 11am – 12:45pm Ashtanga, Jill, L1/2	15 <i>6am-7:45am Mysore, Lisa</i> 8:00-9:15am Flow, Jill, L1/2 10am-11:30am Intro to Flow, Katherine, L1 5:30pm-7pm Ashtanga, Lisa, L2	16 <i>6am-7:45am Mysore, Scott</i> 8am-9:15am Flow, Scott, L1/2 10am-11:45am Ashtanga, Lisa, L2/3 4:30pm-5:45pm Womens Shakti Yoga, Maria, Mixed 6pm-7:30pm Hatha, Chris, L1/2 7:30-8:15pm Meditation	17 <i>6am-7:45am Mysore, Lisa</i> 8am-9:15am Flow, Lisa, L1/2 4pm-5:30pm Flow, Katherine, L2 5:45pm-7:15pm AcroYoga, Natalie, L2	18 <i>6am-7:45am Mysore, Scott</i> 8am-9:15am Flow, Scott, L1/2 10am-11:45am Flow, Lisa, L2 4:30pm-5:45pm Womens Shakti Yoga, Carrie, Mixed 6pm-7:30pm Hatha, Chris, L1/2	19 <i>6am-7:45am Mysore, Lisa</i> 8:00-9:15am Flow, Kara, L1/2 10am-11:30am Intro to Flow, Paula, L1 12:00-2pm Intermediate Hatha, Chris, L2/3 6pm-7:30pm Yoga Rhythms, Jade Beall, Mixed	20
21 FULL MOON 11am – 12:45pm Ashtanga, Kara, L1/2	22 <i>6am-7:45am Mysore, Lisa</i> 8:00-9:15am Flow, Jill, L1/2 10am-11:30am Intro to Flow, Paula, L1 5:30pm-7pm Ashtanga, Lisa, L2	23 <i>6am-7:45am Mysore, Scott</i> 8am-9:15am Flow, Scott, L1/2 10am-11:45am Ashtanga, Lisa, L2/3 4:30pm-5:45pm Womens Shakti Yoga, Maria, Mixed 6pm-7:30pm Hatha, Chris, L1/2 7:30-8:15pm Meditation	24 <i>6am-7:45am Mysore, Lisa</i> 8am-9:15am Flow, Lisa, L1/2 4pm-5:30pm Flow, Jill, L2 5:45pm-7:15pm AcroYoga, Natalie, L2	25 <i>6am-7:45am Mysore, Scott</i> 8am-9:15am Flow, Scott, L1/2 10am-11:45am Flow, Lisa, L2 Jivamukti Workshop with Ruth Lauer, 4pm-5:30pm 4:30pm-5:45pm Womens Shakti CANCELLED 6pm-7:30pm Hatha, Chris, L1/2	26 <i>6am-7:45am Mysore, Lisa</i> 8:00-9:15am Flow, Jill, L1/2 10am-11:30am Intro to Flow, Paula, L1 12:00-2pm Intermediate Hatha, Chris, L2/3 6pm-7:30pm Yoga Rhythms, Jade Beall, Mixed	27
28 11am – 12:45pm Ashtanga, Stephanie, L1/2						