

LAC YOGA
NEW YEAR YOGA SCHEDULE 2012
JAN 2 – MARCH 25

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|--|---------------------------------|--------------------------------------|---|--|--|--------------------------------|
| 9:00-10:00 BEGINNERS YOGA Katie | | 9:00-10:00 HATHA YOGA Katie | | | 9:00-10:30 Vinyasa Sara | |
| | | | | | 10:30-11:30 RESTORATIVE YOGA Sara | |
| | 12:30-1:30 YOGAFLOW Tanya | | | MEETS IN AEROBIC ROOM 12:30-1:20 YIN YOGA Alice | | 4:00-5:00 Vinyasa Kaitee |
| | | 4:15-5:15 YOGAFLOW Tanya | 5:45-6:00 Abs Sara | 5:15-6:15 Gentle Yoga Sara | | |
| 5:15-6:15 GENTLE YOGA Tanya | | 5:15-6:15 GENTLE YOGA Tanya | 6:00-7:00 Power Vinyasa Sara | | | |