

**Yoga Schedule**  
August 23 - October 24, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:45 - 10:00 am <b>Abs</b> (Sara)	
					10:00 - 11:30 am <b>Vinyasa</b> (Sara)	10:45 - 11:00 am <b>Abs</b> (Sara)
					11:30 - 12:30 pm <b>Gentle Yoga</b> (Sara)	11:00 - 12:00 pm <b>Power Yoga</b> (Sara)
	12:30 - 1:30 pm <b>Vinyasa</b> (Tanya)					12:00 - 1:00 pm <b>Restorative Yoga</b> (Sara)
	4:45 - 5:00 pm <b>Abs</b> (Sara)	4:15 - 5:15 pm <b>YogaFlow</b> (Tanya)	4:45 - 5:00 pm <b>Abs</b> (Sara)	4:00 - 5:00 pm <b>Gentle Yoga</b> (Sara)		4:00 - 5:00 pm <b>Yogaflow</b> (Karen)
5:45 - 6:00 pm <b>Abs</b> (Sara)	5:00 - 6:00 pm <b>Power Yoga</b> (Sara)	5:15 - 6:15 pm <b>Power Vinyasa</b> (Tanya)	5:00 - 6:00 pm <b>Power Yoga</b> (Sara)			
6:00 - 7:00 pm <b>Vinyasa</b> (Sara)	6:00 - 7:00 pm <b>Beginners Yoga</b> (Sara)	6:15 - 7:05 pm <b>Mat</b> <b>Pilates</b> (in studio) (Cristal)	6:00 - 7:00 pm <b>Vinyasa</b> (Sara)			