



WINTER SCHEDULE

SUNDAY

8:30 - 9:15am	Mantra	<i>Jennifer</i>
9:30 - 11:00am	Led Primary Series	<i>Jennifer</i>
11:15am - 12:15pm	Meditation	<i>Gephel</i>
12:30 - 1:30pm	Intro to Ashtanga	<i>Jennifer</i>
4:00 - 5:30pm	Community Yoga	<i>Julia</i>

MONDAY + WEDNESDAY

5:30 - 7:00am	Open Practice	<i>no teacher</i>
7:00 - 9:00am	Mysore	<i>Jennifer</i>
9:00 - 11:00am	Mysore	<i>Jennifer</i>
12:00 - 1:00pm	Power Hour	<i>Shell</i>
5:00 - 7:00pm	Mysore	<i>Tracey</i>
6:00 - 7:00pm	Intro to Mysore	<i>Tracey</i>
7:15 - 8:45pm	Community Yoga	<i>Matt</i>

TUESDAY + THURSDAY

5:30 - 7:00am	Open Practice	<i>no teacher</i>
7:00 - 9:00am	Mysore	<i>Jennifer</i>
9:00 - 11:00am	Mysore	<i>Jennifer</i>
5:00 - 7:00pm	Mysore	<i>Tracey</i>
7:15 - 8:45pm	Community/ Yin Yoga	<i>Vika/Tanya</i>

FRIDAY

5:30 - 8:00am	Open Practice	<i>no teacher</i>
8:00 - 10:00am	Mysore	<i>Jennifer</i>
12:00 - 1:00pm	Power Hour	<i>Shell</i>
5:45 - 7:00pm	Community Yoga	<i>Matt</i>

SATURDAY

8:30 - 10:30am	Mysore	<i>Jennifer</i>
4:00 - 5:15pm	Community Yoga	<i>Shell</i>

Check our online schedule for Weekend Workshops