

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:30am - 9:55am Yoga Philosophy FIRST Sunday of each month Kirtan w/LB Iddings LAST Sunday of each month</p>	<p>5:45am - 7:00am Sunrise Flow (1-2) w/Suzanne Yeo</p> <p>8:30am - 8:55am FREE Morning Meditation w/Rachel Murray</p> <p>9:00am - 10:15am Vinyasa Flow (1-2) w/Rachel Murray</p>	<p>8:30am - 8:55am FREE Morning Meditation w/Kori Strobl</p> <p>9:00am - 10:15am Hatha Flow (1-2) w/Kori Strobl</p> <p>10:30am - 11:30am Roll and Flow (1) w/Nicole Quibodeaux</p>	<p>5:45am - 7:00am Sunrise Flow (1-2) w/Suzanne Yeo</p> <p>8:30am - 8:55am FREE Morning Meditation w/Rachel Murray</p> <p>9:00am - 10:15am Vinyasa Flow (1-2) w/Rachel Murray</p>	<p>8:30am - 8:55am FREE Morning Meditation w/Kori Strobl</p> <p>9:00am - 10:15am Hatha Flow (1-2) w/Kori Strobl</p> <p>10:30am - 11:30am Roll and Flow (1) w/Nicole Quibodeaux</p>	<p>5:45am - 7:00am Sunrise Flow (1-2) w/Suzanne Yeo</p> <p>7:45am - 8:45am Tai Chi (All) w/Amir Zaki</p> <p>9:00am - 10:15am Vinyasa Flow (1-2) w/Cole Jacobs</p>	<p>8:30am - 9:25am Hatha Yoga (1) w/Megan Kelly</p> <p>9:30am - 9:55am FREE Morning Meditation w/John Myers-Childers</p> <p>10:00am - 11:15am Hatha Yoga (1-2) w/John Myers-Childers</p>
<p>9:30am - 9:55am FREE Morning Meditation w/Terry Wood</p> <p>10:00am - 11:15am Ashtanga Inspired Flow (1-2) w/Lindy Ker</p> <p>3:00pm - 4:00pm FREE Community Class (All) w/Teacher Varies</p>	<p>10:30am - 11:45am Foundations (1-2) w/Vas Kypreos</p> <p>12:00pm - 1:00pm Lunchtime Flow (1-2) w/Nicolette David</p> <p>1:30pm - 2:30pm Gentle Yoga (1) w/Helena Gorka</p> <p>4:30pm - 5:25pm Therapeutic Yoga (1) w/Lauren Brokop</p> <p>5:30pm - 5:55pm FREE Evening Meditation w/Lauren Brokop</p> <p>6:00pm - 7:15pm Vinyasa Flow (1-2) w/Nicolette David</p>	<p>12:00pm - 1:00pm Pilates Mat (All) w/Katherine Slay</p> <p>4:30pm - 5:30pm ELDOA Spine Therapy (All) w/Jason Amstutz</p> <p>6:00pm - 7:15pm Hatha Flow (1-2) w/Nancy Pensamiento</p> <p>7:30pm - 8:30pm Restorative Sound (1) w/Giselle Abadie</p>	<p>10:30am - 11:45am Foundations (1-2) w/Vas Kypreos</p> <p>12:00pm - 1:00pm Lunchtime Flow (1-2) w/Meg Rambo</p> <p>1:30pm - 2:30pm Gentle Yoga (1) w/Helena Gorka</p> <p>4:30pm - 5:25pm Therapeutic Yoga (1) w/Lauren Brokop</p> <p>5:30pm - 5:55pm FREE Evening Meditation w/Lauren Brokop</p> <p>6:00pm - 7:15pm Vinyasa Flow (1-2) w/Kori Strobl</p> <p>7:30pm - 8:45pm Yoga for Recovery (1-2) w/Callie Snyder Donation Only</p>	<p>12:00pm - 1:00pm Pilates Mat (All) w/Katherine Slay</p> <p>4:30pm - 5:30pm ELDOA Spine Therapy (All) w/Rex Butler</p> <p>6:00pm - 7:15pm Hatha Flow (1-2) w/Nancy Pensamiento</p> <p>7:30pm - 8:30pm Restorative Sound (1) w/Giselle Abadie</p>	<p>10:30am - 11:30am Pilates Mat (All) w/Erica Villalpondo</p> <p>12:00pm - 1:00pm Lunchtime Flow (1-2) w/Cole Jacobs</p> <p>3:00pm - 4:00pm \$5 Community Class (All) w/Teacher Varies</p>	<p>11:30am - 1:00pm Vinyasa Flow (2) w/Lindy Ker</p>