

# YOGA in the FOREST

# 2012 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am Yoga for Athletes  Angie						9:30 am POWER  Jack/Leah
	10:15-11 am Amazing Abs & Asanas  Leah	10:15 am GENTLE  Anita	10:15-11 am Amazing Abs & Asanas  Sue	10:15 am HOT Yoga  Leah		
	11:15 am FLOW  Leah		11:15 am FLOW  Sue		11:15 am FLOW  Sue	11:15 am Yoga Basics  Trish
			2:15 pm Seniors Yoga  Sue			
		4:15 pm ENERGIZE  Angie		4:15 pm REPLENISH  Sue	4:15 pm TYIF (Thank Yoga It's Friday)  Jack	
6:15 pm SUNDAY ABUNDANCE  Melissa/Jack	6:15 pm Stretch & Strengthen  Sue	6:15 pm POWER  Mona	6:15 pm HOT yoga  Jack	6:15 pm Yoga Basics  Leah	6:15 pm Community Class  Angie	
	8:00 pm (Even)ing Yoga  Jack	7:45 pm Meditation  Mona		7:30 pm Theme Yoga Teacher's choice!	8:00-9:00 pm Late Night, Date Night (everyone welcome!!)  Angie	