

**YOGA in COMMON 2012 Class Schedule**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 am Kick Your Asana Yoga  Katie		5:30 am Kick Your Asana Yoga  Lynn	7:00 am Early Morning  Angel		
	8:15 am Yoga Basics  Mary		8:15 am Stretch & Strengthen  Melissa			
9:30 am Stretch & Recharge  Mary		9:30 am POWER  Melissa		9:30 am GENTLE  Mary	9:30 am HOT Yoga  Whitney	9:30 am POWER  Jack/Leah
11:15 am RELAX Deeply (Restorative)  Mary						11:15 am Yoga Basics  Melissa
	12:00 Lunch FLOW  Melissa		12:00 Lunch FLOW  Melissa		12:00 Lunch FLOW  Whitney	
2:30 pm NEW to YOGA (6 week series)  Melissa						2:30 pm Hypnotherapy Relaxation, \$12  Mona
4:00 pm Sivananda Yoga  Melissa	4:30 pm Finding Your Divine Feminine  Melissa		4:30 pm Stretch & Strengthen  Melissa		5:00 pm RELAX Deeply (Restorative)  Katie/Lynn	4:15 pm HOT Yoga  Elissa/Angie
6:00 pm Specialty Classes  Check website	6:00 pm Stretch & Recharge  Melissa	6:00 pm Yoga Basics  Mary	6:00 pm SPOTLIGHT  Various	6:00 pm POWER Yoga for Athletes & others  Jack	6:15 pm Community Class  Katie/Lynn	
	7:30 pm FLOW  Lynn	7:30 pm ASHTANGA  Melissa	7:30 pm FLOW  Elissa	7:30 pm ASHTANGA  Melissa	7:30 pm Meditation  Katie/Lynn	