

YOGA in the FOREST

2012 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am POWER Yoga for Athletes & Others Angie						9:30 am POWER Jack/Leah
	10:15-11 am Amazing Abs & Asanas Leah	10:15 am GENTLE	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 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 (\$5) Angie	
	8:00 pm (Even)ing Yoga Jack	7:45 pm Meditation Mona			8:00-9:00 pm Late Night, Date Night (everyone welcome!!) Angie	