

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am–9:30am						Flow Yoga
10:00am–11:30am		Iyengar Yoga				General Yoga
4:00pm–5:15pm	Iyengar Yoga					
5:30pm–7:00pm	Iyengar Yoga	Stretch	Iyengar Yoga	General Yoga		
7:15pm–8:30pm			Iyengar Yoga			

Beginners	Experienced	All Levels
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