

Fall Schedule

** STUDIO ETIQUETTE **

- ARRIVE at least 10-15 minutes before class; we don't allow late comers
- Respect Quiet Space and Mind Your Scent
- Cell Phone and Purse/ Bag Free Zone

Effective: September 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00am - 8:45am Tai Chi (Zina) Starts Oct 9 NEW !!!	8:00am - 9:00am Stability & Mobility Community Class (Elena) IIM or \$8 NEW !!!		8:00am - 8:45am Qi Gong (Genya)	9:00am - 10:15am Saturday Flow (Rachel)	9:00am - 10:00am Strength Synergy/ Pilates Inspired (Cynthia)
9:30 - 10:45am Hatha Flow (Rachel)	9:30am - 10:30am Strength Synergy/ Pilates Inspired (Genya)	9:30am - 11:00am Yang to Yin Yoga (Tracey)	9:30am - 10:45am Hatha Level I/II (Rachel)	9:30am - 10:30am Strength Synergy/ Yoga Inspired (Genya)	10:45am - 12:00pm Yang to Yin Yoga (Genya)	10:30am - 11:45am Restorative Yoga (Caroline)
12:00pm - 1:15pm Yin (Rachel)	11:00am-12:00pm Hatha Flow (Khim)		11:15am - 12:15pm Restorative Movements (Genya)	12:00pm - 1:15pm Yang to Yin Yoga (Caroline)	12:30pm - 1:30pm Yin Community Class (Stacie) IIM or \$8	
1:30pm - 4:30pm Private Yoga/ Therapy/ Coaching	12:30pm - 5:00pm Private Yoga/ Therapy/ Coaching	1:30pm - 4:30pm Private Yoga/ Therapy/ Coaching	1:30pm - 4:30pm Private Yoga/ Therapy/ Coaching	1:30pm - 4:30pm Private Yoga/ Therapy/ Coaching	1:45pm - 5:30pm Private Yoga/ Therapy/ Coaching	
5:00pm - 6:00pm Hatha (Genya)	5:00pm - 6:00pm Yang to Yin Yoga (Alexei)	5:00pm - 6:00pm Hatha Flow Community Class (Tamara) IIM or \$8	5:00pm - 6:00pm Strength Synergy/ Pilates Inspired (Cynthia) NEW!!! Community Class		Kids Yoga 2:00-3:00 (8 weeks) (Dory) Sep 2018	
6:30pm - 7:30pm Core Yoga (Khim)	7:00pm - 8:00pm Strength Synergy/ Pilates Inspired (Galina)	6:30pm - 7:30pm Restorative Movements Yoga Essentials Oct 31 (Genya)	7:00pm - 8:00pm Hatha Flow (Dory)	7pm - 8:45 pm Yin & Pin Live Music Sep 28, Oct 19, Nov30(Dory)	12:30 - 7:00pm SHIT HAPPENS (1 Day Workshop) (Michael Lee) Oct 13	
8:00pm - 9:15pm Yang to Yin Yoga (Galina)	8:30pm - 9:45pm Restorative Yoga (Caroline)	8:00pm - 9:15pm Yang to Yin Yoga (Caroline)	8:30pm - 9:45pm Restorative Yin Yoga (Dory)	7:00 - 8:30pm FUNDAMENTALS OF YOGA (Rachel) 4 Week Workshop) Oct 26, Nov 2, 9 & 23		8.00pm- 9:15pm Yang to Yin Yoga Community Class (Tanya) IIM or \$8 Starts Oct 28

** Every last Wednesday of the Month ** << Yoga Essentials >> Oct 31 & Nov 28 @ 6.30 - 7.30 PM

Please refer to our online schedule for most up to date Classes, Workshops & Events
All levels classes | Intermediate | Community Class \$8 & IIM = Included in Membership

