



# Class Schedule Summer 2018

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6							
7							
8			<i>Beginning Aug 7: 8:30-9:45am 'Victory' Yoga (Hilary)</i>				8:30-10am Power Vinyasa (Hilary)
9							
10		10-11:15am FUNdamental Practice (Robin)			10 - 11:15am Low Down Stretch (Robin, Staff)	10-11:15am Balance (Robin, Staff)	10:15-11:30am Fundamentals (Robin, Staff)
11							
12						<i>12:30-1:30pm Progressive Class is suspended through the summer months</i>	
1							
2	Pre-Natal Yoga 2-3:30pm (Select Dates)						
3							
4	<i>Community Class will NOT meet until Sept 16</i>	PRIVATE BOOKING					<b>Workshops, Special Events, or Teacher Training</b>
5	5:30- 6:45pm Candlelight Yin (Twylah)	5:45-7:00pm Workingman's Yoga (Men's Class) (Robin, Staff)	5:30-6:45pm Gentle Restorative (Twylah)				
6					6 - 7:15pm Yoga Intro/ Fundamentals (Ann, Darcie)	6 – 7:15 pm Core Strengthening (Mary Beth, Staff)	
7		7:15 - 8:30pm Advanced Practice (Robin, Estelle, Karine)	7 - 8:15pm Slow Flow Vin-Yin (Estelle, Carrie)	7:30-8:45pm Social Barre (Robin)			