



Ongoing Schedule January 1 – April 1, 2012

Day	Time	Class Level	Studio	Teacher
Monday	8:30 – 9:45am	Beginning Flow	1	Heidi Fischer
	4:15 – 5:30pm	All Levels	1	Theresa Elliott
	6:00 – 7:15pm	Beginning Yoga	1	Dylan Noebels
	7:30 – 8:45pm	Beginning Yoga	1	Dylan Noebels
Tuesday	8:15 – 9:15am	Beginning Yoga	1	Heidi Fischer
	9:30 – 11:15am	Skill in Asana (Master Class)	1	Theresa Elliott
	4:30 – 5:30pm	Special Needs Youth	1	Mandi Grover
	6:00 – 7:15pm	Sivananda Class	1	Mandi Grover
Wednesday	8:30 – 9:45am	Beginning Flow	1	Heidi Fischer
	10:00 – 11:00am	Gentle Yoga	1	Tara Bernstein
Thursday	8:30 – 9:15am	Beginning Yoga	1	Heidi Fischer
	9:30 – 11:15am	Skill in Asana (Master Class)	1	Theresa Elliott
	4:30 – 5:30pm	Special Needs Adult	1	Mandi Grover
	6:00 – 7:15pm	All-Levels Viniyoga	1	Sheryl Stich
	7:30 – 8:45pm	Beginning Yoga	1	Dylan Noebels
Friday	8:30 – 9:45am	Beginning Flow	1	Heidi Fischer
	5:30 – 6:45pm	Sivananda Yoga	1	Mandi Grover
	7:00 – 8:00pm	Meditation & Kirtan	1	Mandi Grover
Saturday	8:30 – 9:45am	Intermediate "Go"	1	Theresa Elliott
	10:00 – 11:15am	All Levels	2	Dylan Noebels

Doors open for classes 10 minutes ahead of time.

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