



Ongoing Schedule

May 1 – August 31, 2010

Day	Time	Class Level	Teacher
Monday	8:30 – 9:45 am	Beginning Flow	Laura DeFreitas
	4:15 – 5:30 pm	All Levels	Theresa Elliott
	6:00 – 7:15 pm	Beginning Yoga	Theresa Elliott
	7:30 – 8:45 pm	Beginning Yoga	Dylan Noebels
Tuesday	9:30 – 11:00 am	Skill in Asana	Theresa Elliott
	6:00 – 7:15 pm	Yin Yoga	Laura DeFreitas
	7:30 – 9:00 pm	All Levels Flow	Laura DeFreitas
Wednesday	8:30 – 9:45 am	Beginning Flow	Laura DeFreitas
	10:00 – 11:00 am	Senior Yoga	Melissa Samuels
	6:00 – 7:15 pm	Beginning Yoga	Nikki Chau
Thursday	9:30 – 11:00 am	Intermediate Flow	Theresa Elliott
	6:00 – 7:15 pm	All Levels Flow	Laura DeFreitas
	7:30 – 8:45 pm	Beginning Yoga	Dylan Noebels
Friday	8:30 – 9:45 am	Beginning Flow	Laura DeFreitas
Saturday	8:30 – 9:45 am	All Levels "Go"	Theresa Elliott
Sunday	4:00 – 5:00 pm	Hula Hooping *	Jon Coyne
	5:15 – 6:45 pm	All Levels Flow	Laura DeFreitas
	7:00 – 8:15 pm	Yoga Nidra **	Laura DeFreitas

* Hula Hooping class meets in the gym

** Yoga Nidra meets on the 1st and 3rd Sunday of the month.