

Day	Time	Class	Levels	Teacher
Sun	9:00-10:30 am	Hatha	All	Sheri
	10:45-11:45 am	Feldenkrais	(\$10 drop in)	Sheri
	4:15-5:30 pm	Hatha Vinyasa	2-3	Adi (Gregg)
	6:00-7:30 pm	Restoratives	All	Megan
Mon	6:00-7:15 am	Sunrise Hatha Vinyasa	2-3	Maia
	10:00-11:15 am	Gentle		Jenny
	12:15-1:30 pm	Hatha Vinyasa	All	Megan
	5:45-7:15 pm	Hatha Vinyasa	All	Alia
	7:30-8:45 pm	Basics		Megan
Tues	6:00-7:00 am	Sunrise Hatha Vinyasa	All	Julie
	8:00-9:15 am	Hatha	1-2	Bianca
	3:45-4:30 pm	Kid's Yoga, 3-6 years	Drop off class!	Nicole
	4:45-5:30 pm	Kid's Yoga, 6-10 years	Drop off class!	Nicole
	6:00-7:15 pm	Hatha Vinyasa	All	Adi (Gregg)
	7:30-8:30 pm	Feldenkrais	(\$10 drop in)	Sheri
Wed	6:00-7:15 am	Sunrise Hatha Vinyasa	2-3	Jessica
	9:30-11:00 am	Hatha	1-2	Adi (Gregg)
	12:15-1:30 pm	Hatha Vinyasa	All	Megan
	4:30 - 5:45pm	Hatha Vinyasa	All	Jenny
	6:15-7:30 pm	Prenatal		Kristin
	7:45-9:00 pm	Hatha Vinyasa	All	Laura
Thurs	6:00-7:00 am	Sunrise Hatha Vinyasa	All	Julie
	8:00-9:15 am	Hatha	1-2	Bianca
	11:30-12:40 pm	Parent & Baby		Kristin
	4:30-5:20 pm	Toddler Yoga	with Parent	Nicole
	6:00-7:15 pm	Hatha Vinyasa	All	Alia
	7:30-8:45 pm	Basics		Jenny
Fri	6:00-7:15 am	Sunrise Hatha Vinyasa	2-3	Jessica
	8:00-9:00 am	Silent Yoga	1-3	Adi (Gregg)
	9:30-11:00 am	Hatha	All	Adi (Gregg)
	12:15-1:30 pm	Hatha	All	Sheri
	5:00-6:15 pm	Team Survivor NW class	CONTACT Monica:732-8350	
Sat	8:30-9:45am	Hatha Vinyasa	2-3	Maia
	10:00-11:15 am	Hatha Vinyasa	1-2	Maia
	11:30-12:45 pm	Prenatal		Susie
	1:30-2:45 pm	Family Yoga (once per month)	Details on Workshop Page	Nicole
	4:15-5:30 pm	Hatha Vinyasa	All	Julie