

mon	tue	wed	thr	fri	sat	sun
					7:30 - 8:45am beginner Shelly	7:30 - 8:45am beginner Ben/Kelli
9-10:15am focus Gloria	9-10:15am foundations Tara	9-10:15am focus Gloria	9-10:15am foundations Tara	9-10:15am focus Gloria	9-10:15am power align Capes	9-10:15am intermediate Ben/Kelli
	10:30 - 11:45am pre-natal Roberta				10:30 - 11:45am yoga 101 Shastri	10:30 - 11:45am power Theres
12 - 12:50pm lunch hour Kelli	12 - 12:50pm lunch hour Kelli	12 - 12:50pm lunch hour Reena	12 - 12:50pm lunch hour Gloria	12 - 12:50pm meditation Reena	workshops see website	workshops see website
4:45-5:45pm flow Theres		4:45-5:45pm flow Ed	4 - 5:15pm kids Kelli	4:45-5:45pm flow Michael		
6 - 7:15pm power align Capes	5:30 - 6:45pm flow Tara	6 - 7:15pm intermediate Noel	5:30 - 6:45pm flow Tara	6 - 7:15pm beginner Noel		5 - 6:15pm community staff
7:30 - 8:45pm beginner Noel	7 - 8:15pm ashtanga/hatha Shastri	7:30 - 8:45pm beginner Ben	7 - 8:15pm ashtanga basics Ed	7:30 - 8:45pm hot asana Theres/Shelly	green: beginner turquoise: all levels blue: intermediate	silver: specialty pink: challenging

<b>rates:</b>	drop in:	\$15	monthly unlimited:	\$120
	drop in kids yoga:	\$11	kids monthly unlimited:	\$40
	5 sessions (90 day):	\$60	corporate (8/month):	\$59
	10 sessions (90 day):	\$110		
	20 sessions (90 day):	\$200	workshops/training:	see website

<b>events:</b>	Gloria Persico:	Apr 5
	Seane Corn:	May 30 - Jun 1
	Teacher Training:	May 31 - Jul 27

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 check on-line for special rates, gift packs, workshop details, and teacher training program information