



# DECEMBER SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 AM	Hot Flow	Ashtanga Flow	Hot Flow	Ashtanga Flow	Hot Flow		
8:00 AM						Morning Yoga	26&2
9:30 AM							Yin
10:00 AM		Hot Flow		Hot Flow		Hot Flow	Hot Flow
10:30 AM	Gentle	Gentle	Gentle	Gentle			
NOON			Sculpt		Sculpt		
1:00 PM					Hatha		
4:00 PM						26&2	Community Yoga
4:30 PM	Hot Flow		Hot Flow	Power Flow	Hot Flow		
5:15 PM							Meditation
5:30 PM			Fundamentals		\$5 Yoga		
6:00 PM	26&2	Hot Flow	26&2	Power Flow	26&2		
6:30 PM		Hatha					
7:30 PM					Kirtan		