

February Schedule 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	2 6a & 7a- AM Yoga	3 10a-3p- Trance Meditation Workshop
4 10a-12p- Open Studio	5 6a & 7a- AM Yoga 5:30-6:30p- Beg. Mini-Ash.	6 6a & 7a- AM Yoga 6:30-7:30pm- Balance+Inversion	7 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	8 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	9 6a & 7a- AM Yoga	10 9-10:30a- Yin w/ Trivia
11 10a-12p- Open Studio	12 6a & 7a- AM Yoga 5:30-6:30p- Beg. Mini-Ash.	13 6a & 7a- AM Yoga 6:30-7:30pm- Balance+Inversion	14 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	15 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	16 6a & 7a- AM Yoga	17
18 10a-12p- Open Studio	19 6a & 7a- AM Yoga 5:30-6:30p- Beg. Mini-Ash.	20 6a & 7a- AM Yoga 6:30-7:30pm- Balance+Inversion	21 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	22 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	23 6a & 7a- AM Yoga	24 9-10:30a- Yin w/ Trivia *Burg's B-day!!
25 10a-12p- Open Studio	26 6a & 7a- AM Yoga 5:30-6:30p- Beg. Mini-Ash. (Last in series)	27 6a & 7a- AM Yoga 6:30-7:30pm- Balance+Inversion	28 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks			