

# January Schedule 2018

| Sunday                        | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday                         |
|-------------------------------|---|--|--|---|---|----------------------------------|
|                               | 1<br><b>CLOSED</b><br>Happy New Year!                         | 2<br>6a & 7a-<br>AM Yoga<br><br>6:30-7:30pm-<br>Balance+Inversion  | 3<br>6a & 7a-<br>AM Yoga<br>6-7:15p-<br>Intermediate<br>7:30-8:30p-<br>YOGA Talks  | 4<br>6a & 7a-<br>AM Yoga<br><br>7-8:15p- All<br>Levels Hatha  | 5<br>6a & 7a-<br>AM Yoga<br><br>6-8p Vinyasa<br>+Vino (21+) | 6                                |
| 7<br>10a-12p-<br>Open Studio  | 8<br>6a & 7a-<br>AM Yoga<br><br>5:30-6:30p-<br>Beg.Mini-Ash.  | 9<br>6a & 7a-<br>AM Yoga<br><br>6:30-7:30pm-<br>Balance+Inversion  | 10<br>6a & 7a-<br>AM Yoga<br>6-7:15p-<br>Intermediate<br>7:30-8:30p-<br>YOGA Talks | 11<br>6a & 7a-<br>AM Yoga<br><br>7-8:15p- All<br>Levels Hatha | 12<br>6a & 7a-<br>AM Yoga                                   | 13<br>9-10:30a-<br>Yin w/ Trivia |
| 14<br>10a-12p-<br>Open Studio | 15<br>6a & 7a-<br>AM Yoga<br><br>5:30-6:30p-<br>Beg.Mini-Ash. | 16<br>6a & 7a-<br>AM Yoga<br><br>6:30-7:30pm-<br>Balance+Inversion | 17<br>6a & 7a-<br>AM Yoga<br>6-7:15p-<br>Intermediate<br>7:30-8:30p-<br>YOGA Talks | 18<br>6a & 7a-<br>AM Yoga<br><br>7-8:15p- All<br>Levels Hatha | 19<br>6a & 7a-<br>AM Yoga                                   | 20                               |
| 21<br>10a-12p-<br>Open Studio | 22<br>6a & 7a-<br>AM Yoga<br><br>5:30-6:30p-<br>Beg.Mini-Ash. | 23<br>6a & 7a-<br>AM Yoga<br><br>6:30-7:30pm-<br>Balance+Inversion | 24<br>6a & 7a-<br>AM Yoga<br>6-7:15p-<br>Intermediate<br>7:30-8:30p-<br>YOGA Talks | 25<br>6a & 7a-<br>AM Yoga<br><br>7-8:15p- All<br>Levels Hatha | 26<br>6a & 7a-<br>AM Yoga                                   | 27<br>9-10:30a-<br>Yin w/ Trivia |
| 28<br>10a-12p-<br>Open Studio | 29<br>6a & 7a-<br>AM Yoga<br><br>5:30-6:30p-<br>Beg.Mini-Ash. | 30<br>6a & 7a-<br>AM Yoga<br><br>6:30-7:30pm-<br>Balance+Inversion | 31<br>6a & 7a-<br>AM Yoga<br>6-7:15p-<br>Intermediate<br>7:30-8:30p-<br>YOGA Talks | 7-8:15p- All<br>Levels Hatha                                  | 6a & 7a-<br>AM Yoga   |                                  |