

Winter 2010 Adult Schedule January 4th through March 20th

TIME	CLASS	TEACHER	
SUNDAY			
9:30AM - 11:00AM	Sunday Flow	Collaborative	90 min
4:00PM - 5:15PM	Slow Vinyasa Flow	Jennifer Loher	75 min
MONDAY			
9:30AM - 11:00AM	Vinyasa Flow	Kristin Olson	90 min
11:00AM - 12:15PM	Multi-Level Yoga	Trish MacNeil	75 min
6:30PM - 8:00PM	Iyengar Yoga	Karen Wenc	90 min
6:30PM - 7:45PM	Pre-natal Yoga	Amy Buelow, RYT	75 min
TUESDAY			
8:00AM - 9:15AM	Free Community Class	Jennifer Loher	75 min
9:30AM - 11:00AM	Multi-Level Yoga	Roberta Dell'Anno, RYT	90 min
11:00AM - 12:30PM	Therapeutic Yoga	Connie Glore	90 min
5:30PM - 6:45PM	Back to Basics	Pamela Marshall	75 min
7:00PM - 8:30PM	Anusara Inspired Yoga	Pamela Marshall	90 min
WEDNESDAY			
6:30AM - 7:30AM	Multi-Level Yoga	Kristin Olson	60 min
9:30AM - 11:00AM	Beginner Yoga	Taisha Weber, RYT	90 min
11:00AM - 12:15PM	Multi-Level Yoga	Roberta Dell'Anno, RYT	75 min
4:00PM - 5:15PM	Beginner Yoga	Yoshiko Gray	75 min
5:30PM - 6:45PM	Multi-Level Yoga	Connie Glore	75 min
7:00PM - 8:30PM	Yin Yoga	Connie G. / Chris W.	90 min
THURSDAY			
7:00AM - 7:30AM	Yin Yoga	Gail Mann, RYT	30 min
7:30AM - 8:45AM	Om Flow	Gail Mann, RYT	75 min
9:30AM - 11:00AM	Open Hatha	Jenn Mosher	90 min
11:00AM - 12:00PM	Restore and Strengthen	Taisha Weber, RYT	60 min
5:30PM - 6:45PM	Multi-Level Yoga	Trish MacNeil	75 min
7:00PM - 8:30PM	Multi-Level Yoga	Christine Miyachi	90 min
FRIDAY			
9:30AM - 11:00AM	Vinyasa Flow	Kat Mansfield	90 min
11:00AM - 12:15PM	Multi-Level Yoga	Trish MacNeil	75 min
6:30PM - 8:00PM	OM Flow and Restore	Jennifer Loher	90 min
SATURDAY			
8:00AM - 9:15AM	Beginner Yoga	Taisha Weber, RYT	75 min
9:30AM - 11:00AM	Anusara Inspired Yoga	Pamela Marshall	90 min