

# \ Yoga Class Schedule \

<b>M</b>	9:30am	Gentle Flow/Yin Yoga	Judith
	7:00pm	Ayurvedic Flow	Ivy
<b>T</b>	9:30am	Yoga for Women's Health	Nancy
	7:00pm	Pre-Natal	Ivy
<b>W</b>	9:30am	Ayurvedic Flow	Ivy
	6:15pm	Flow 1	Gopati
<b>T</b>	9:30am	Flow 2	Debby
	6:15pm	Flow 1-2	Anuttara
	7:45pm	Gentle Flow	Jen
<b>F</b>	9:30am	Flow 1-2	Lynn
<b>S</b>	9:30am	Flow 1-2	Judith
<b>S</b>	10:30am	Flow 1-2	Lynn