

February Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 830am Community 10am Body Flow
2 830am Gentle Hatha 10am Yoga Nidra	3 730am Gentle Flow 630pm Core & Restore	4 730am Hip Hatha	5 730am Body Flow 9am Community	6	7 730am Zen Flow  6pm Satsang	8 830am Community 10am Body Flow
9 830am Gentle Hatha 10am Yoga Nidra	10 730am Gentle Flow 630pm Core & Restore	11 730am Hip Hatha	12 730am Body Flow 9am Community 630pm Restorative	13  630pm Book Club	14 730am Zen Flow	15 830am Community 10am Body Flow
16 830am Gentle Hatha 10am Yoga Nidra	17 730am Gentle Flow 630pm Core & Restore	18 730am Hip Hatha	19 730am Body Flow 9am Community 630pm Restorative	20 930am Zen Flow	21  6pm Satsang	22 830am Community 10am Body Flow Cancelled
23 830am Gentle Hatha 10am Yoga Nidra Cancelled	24 730am Gentle Flow 630pm Core & Restore	25 730am Hip Hatha	26 730am Body Flow 9am Community 630pm Restorative	27	28 730am Zen Flow	1 830am Community 10am Body Flow

**Pay as you Wish Sessions: be mindful and pay as you wish. Sessions are suitable for all level of Yogi

**Studio Closed or change in regular schedule

** Wellness Community Event