

Schedule January 3 through February 26, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Returning in Spring 2012 6:00 – 7:00am Sunrise Yoga MARIA			8:15 - 9:15am Yoga Intermediate SHARON	
9:30 - 10:30am Ki-Healing Yoga CARMINA	9:15 - 10:15am Ki-Healing Yoga CARMINA	9:30 - 10:30am Ki-Healing Tai-Chi CARMINA	9:30 - 10:30am Ki-Healing Yoga and Cardio CARMINA	9:30 - 10:30am Restorative Yoga MARIA	9:30 - 10:30am Yoga Beginner MARIA	9:30 - 10:30am Yoga Beginner MARIA
10:30 - 11:00am Ki-Healing Meditation CARMINA	10:30 - 11:30am Yoga for Seniors MARIA					
11:15 – 11:45am Little Yogis Pre-School Yoga Pre-Registration Required MARIA		4:30 – 5:30 Ki-Healing Kids Ages 7 and Up CARMINA				
	6:30 - 7:30pm Cardio Kickboxing Beginner SUSIE	6:00 – 7:15 30 minute Abs Plus Heat Up! Weights SANDY	6:00 – 7:00pm Ki-Healing Yoga CARMINA OR TOM	6:00 - 7:00pm Cardio Dance SARI		
7:00 - 8:15pm Soul Sweat Yoga MICK	7:30 - 8:30pm Restorative Yoga MARIA		7:30 - 8:30pm Yoga Intermediate ANNA			

Classes that require pre-registration will only run if students have pre-registered