

## Yoga Schedule starting Sept. 7, 2010

mon	tue	wed	thu	fri	sat
9:00 - 10:00 am gentle beginner	9:30 - 10:30 am prenatal	9:00 - 10:00 am gentle beginner	9:00 - 10:00 am restorative	9:00 - 10:00 am gentle beginner	
10:10 - 11:10 am dynamic flow	10:40 - 11:40 am baby & me yoga	10:10 - 11:10 am dynamic flow	10:10 - 11:10 am pranayama/ meditation	10:10 - 11:10 am dynamic flow	10:00 - 11:30 am hatha all levels Nicola
				3:30- 4:45 Capoeira teens/adults Caju	
				5:00 - 7:00 Poi-Spinning Fire every 3rd friday Leela	
5:30 - 7:00 pm gentle all levels Nicola	5:30 - 7:00 pm hatha/all levels Robin	5:30 - 7:00 pm gentle all levels Nicola	5:30 - 7:00 hatha flow Tessa	5:00 - 8:00 aerial dance workshop every last friday per month Victoria	
7:15 - 8:45 pm dynamic flow Nicola	7:15 - 8:45 pm partner/acro yoga Nicola & Pan	7:15 - 8:45 pm dynamic flow Nicola	7:15 - 8:45 pm back care injury prevention		

Friday workshop require preregistration min. one week ahead!  
all Yoga classes are drop-in