

February
2019

January						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

March						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	1800 - 1915 Ashtanga Level 1	0815-1000 Mysore with Alexander Medin	0900 - Yin Yoga 1800 - Stretch Yoga	1000 - Senior Yoga/ Fitness 1330 - Kids Yoga (8/9/10 year olds)	0900 - Ashtanga 1 1400 - Kids Yoga (5/6/7 year olds)	0900-1015 Ashtanga Yoga 1500 - 1615 Stretch Yoga
3	4	5	6	7	8	9
	1800 - 1915 Ashtanga Level 1		0900 - Yin Yoga 1800 - Hatha Yoga	1000 - Senior Yoga/ Fitness	0900 - Ashtanga 1	0900 - 1015 Ashtanga Level 1
10	11	12	13	14	15	16
	1800 - 1915 Ashtanga Level 1		0900 - Yin Yoga 1800 - Hatha Yoga	1000 - Senior Yoga/ Fitness 1330 - Kids Yoga (8/9/10 year olds)	0900 - Ashtanga 1 1400 - Kids Yoga (5/6/7 year olds)	1500 - 1615 Stretch Yoga
17	18	19	20	21	22	23
0830-1000 Mysore with Sofia Breig	1800 - 1915 Ashtanga Level 1	Fullmoon	0900 - Yin Yoga 1800 - Hatha Yoga	1000 - Senior Yoga/ Fitness 1330 - Kids Yoga (8/9/10 year olds)	0900 - Ashtanga 1 1400 - Kids Yoga (5/6/7 year olds)	0900 - 1015 Ashtanga Level 1
24	25	26	27	28	1	2
	1800 - 1915 Ashtanga Level 1		0900 - Yin Yoga 1800 - Hatha Yoga			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	3	4	5	6	7	8	9