


Effective September 6th, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30 - 7:30 Barefoot Bootcamp Carole					
					9:00 - 10:00 Hatha Diane	9:00 - 10:00 Hatha Roberta
9:15 - 10:15 Gentle Yoga Kim	9:15 - 10:15 Hatha Diane	9:15 - 10:15 Gentle Yoga Su	9:15 - 10:15 Flow & Let Go Sylvie	9:15 - 10:15 Hatha Diane	9:15 - 10:15 Pilates Anita	
9:30 - 10:30 Yoga Flow Su	9:30 - 10:30 Intro to Barre Specialty Once per month only	9:30 - 10:30 Hatha & Meditation Glenda	9:30 - 10:30 Pilates Carole	9:30 - 10:45 Yin Yoga Glenda		9:30 - 10:30 Power Yoga Hyunjoo
10:30 - 11:30 Chair Yoga Kim	10:30 - 11:45 Restorative Yoga Dawn-Marie		10:30 - 11:30 Free your Hips Sylvie	10:30 - 11:30 Gentle Yoga Roberta	10:15 - 11:15 Gentle Yoga Diane	10:15 - 11:15 Gentle Yoga Roberta
	12:30 - 1:30 BCA** Sept 13 to Dec 13	11:00 - 12:00 Mom & Baby * Cara-Lynn	11:00 - 12:00 Yoga for Chronic Pain * Kimberly	11:30 - 12:30 BCA** Sept 16 to Dec 16	10:30 - 11:45 Yoga for your Knots Terri	10:45 - 12:00 Stress Redux Richard
1:00 - 2:15 Yin Yoga Dawn-Marie	1:00 - 2:00 Hatha Tina	1:00 - 2:15 Stress Redux Richard	1:00 - 2:00 Gentle Yoga Suzanne	1:00 - 3:30 Yoga for Knitters * Roberta		1:00 - 2:15 Restorative Specialty Sept 18, 25, Oct 2,9.
5:30 - 6:30 Hatha Carole	5:30 - 6:30 Pilates Anita	5:30 - 6:30 Yoga Flow Hyunjoo	5:30 - 6:30 Hatha Jessica			
6:00 - 7:00 Yin Yoga Richard	6:00 - 7:00 Ball Bliss Erin	6:00 - 7:00 Free your Hips Sylvie	6:00 - 7:00 Yoga Fusion Carole			
	6:15 - 7:15 Prenatal * Cara-Lynn	6:15 - 7:15				
6:45 - 7:45 YFF * Roberta	6:45 - 7:45 Hatha Tara	6:45 - 7:45 YFF * Roberta	6:45 - 7:45 Teen Yoga Jessica			
7:15 - 8:30 Stress Redux Richard		7:15 - 8:30 Restorative Yoga Suzanne				
7:30 - 8:30 Meditation Series* Kimberly	7:30 - 8:30 Intro to Yoga Cara-Lynn	7:30 - 8:30 Ayurvedic Series * Sylvie	7:30 - 8:45 Yin & Meditation Brian			
8:00 - 9:00 Power Yoga Roberta	8:00 - 9:00 Yoga for the Un-Bendy Tara	8:00 - 9:00 Hatha Roberta				

Check our website for Workshops and Special Events. Schedule subject to change.

\*Registration and separate fee may be required. For details and to register please visit our website.

\*\*BCA Breast Cancer Action is a private class. Please register at [www.bcaaction.org](http://www.bcaaction.org)

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