

TECUMSEH-Planet Yoga

Studio 1 (Upstairs)

Effective February 6th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Rise & Shine (M) MEERA	6:00 am Rise & Shine (M) CHRIS	6:00am Rise & Shine (M) MEERA		6:00 am Rise & Shine (M) MEERA		
8:30 am Power Yoga (A) BENJAMIN	8:30 am Athletic Yoga (A) EMMANUELA	8:30 am Pilates (M) DIANE	8:30 am Athletic Yoga (A) EMMANUELA	8:30 am Pilates (M) DIANE		
9:30 am Yoga Basics (B) BENJAMIN	9:35 am Slow Flow Yoga (M) EMMANUELA		9:35 am Slow Flow Yoga (M) EMMANUELA	9:35-10:50 Friday Fun Yoga (M) SUSAN	9:15 am PowerYoga (A) NANCY/ EMMANUELA	9:00 am Hot Yoga (A) SIMONE
10:40 am Vinyasa Yoga (M) JOANNA			10:40 am Vinyasa Yoga (M) JOANNA		10:30-11:45 Turbo Kick (M) ANDREA S.	
4:30 pm Zumba (M) ANDREA						
5:30 pm Slow Flow Yoga (M) RASHA	5:30 pm Vinyasa Yoga (M) ELYSE	5:30 pm Vinyasa Yoga (M) JOSIE	<i>NEW TIME!</i> 5:15 pm Zumba (M) SUE			
6:35 pm Power Yoga (A) RASHA	6:35 pm Athletic Yoga (A) RASHA	6:35 pm Slow Flow Yoga (M) JOSIE	6:35 pm Power Yoga (A) REENA			
7:35 pm Mindful Meditation (M) JANE	7:35 pm Slow Flow Yoga (M) RASHA	7:35 pm Mindful Meditation (M) JANE	7:35 pm Slow Flow Yoga (M) SIMONE			

(B) = Beginner

(I) = Intermediate

(A) = Advanced

(M) = Multi Level

Please be sure to advise your instructor if you are new to the class, or if you have any injuries or health concerns that may affect your ability to participate safely in the class.