

SOUTH-Planet Yoga

Studio 3

Effective February 6th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am All Levels Yoga (M) JOSIE B.	6:00 am All Levels Yoga (M) BENJAMIN	6:00 am All Levels Yoga (M) SUSAN	6:00 am All Levels Yoga (M) BENJAMIN	6:00 am All Levels Yoga (M) BENJAMIN		
8:00-9:00 am Vinyasa Yoga (M) ADELE	8:00-9:30 am Tai Chi (M) SUSAN B.	8:15-9:15 am Slow Flow Yoga (M) NANCY	8:00-9:00 am Yoga Basics (B) BENJAMIN	8:00-9:00 am Vinyasa Yoga (M) ADELE		
9:35-10:35 am Slow Flow Yoga (M) CATHRINE	9:35-10:35 am Vinyasa Yoga (M) ADELE	9:35-10:35 am Slow Flow Yoga (M) CATHRINE	9:35-10:35 am Pilates Pulse (M) SARA F.	9:35-10:35 am Slow Flow Yoga (M) CATHRINE	9:35-10:35 am Slow Flow Yoga (M) JOSIE B.	9:15-10:15 Power Yoga (A) CHRIS
10:40-11:40 Vinyasa Yoga (M) ADELE	10:40-11:40 Yoga Basics (B) CHRISSEY	10:40-11:40 Vinyasa Yoga (M) CATHRINE	10:40-11:40 Slow Flow Yoga (M) CATHRINE	10:40-11:40 Kundalini Yoga (M) CATHRINE	10:40-11:40 Power Yoga (A) JOSIE B.	10:20-11:20 Slow Flow Yoga (M) CHRIS
			11:45-12:05 Mindful Meditation (M) CATHRINE	11:45-12:45 Vinyasa Yoga (M) NANCY	12:00-12:15 Awesome Abs (M) RYAN E.	11:45-12:15 Stretch! (M) MEGAN
	12:10-12:50 Express Yoga (M) JOANNA	12:10-12:50 Express Yoga (M) CATHRINE	12:10-12:50 Express Yoga (M) CATHRINE		<i>Please bring your own mat to the Yoga & Pilates classes.</i>	
4:45-5:45 pm Slow Flow Yoga (M) CHRISSEY	5:30-6:30 pm Slow Flow Yoga (M) JOSIE	5:15-6:15 pm Vinyasa Yoga (M) DEBBIE P.	5:30-6:30 pm Yoga Basics (A) DEBBIE O.			
6:00-7:00 pm Slow Flow Yoga (M) NANCY		6:20-7:20 pm Slow Flow Yoga (M) DEBBIE P.	6:30-6:55 pm Abs & Stretch (M) JOSIE H.	6:20-7:20 pm Slow Flow Yoga (M) BILL		
7:15-8:15 pm Power Yoga (M) NANCY	7:25-8:25 pm Hatha Yoga Mind / Body (M) BILL	7:30-8:30 pm Power Yoga (A) DEBBIE P.	7:25-8:25 pm Hatha Yoga Mind / Body (M) BILL			
	8:30-9:30 pm Hatha Yoga Intermediate (M) BILL		8:30-9:30 pm Hatha Yoga Intermediate (M) BILL			

Classes have a grace period of 5 minutes upon completion so that equipment may be sanitized and put away. 5 minutes prior to the scheduled start time of a class, participants have the opportunity to enter the Studio and talk to the instructor, if needed, and set up whatever equipment they need for the class.

Please remember that the walls are thin, and when a yoga class is ending (in savasana) participants would appreciate the peace and quiet.

Namaste.