

2008 Ongoing Class Schedule

Day	Time	Studio	Teacher	Level or Special Focus of Class
Monday	9:30-11:00 am	Large	Jeanne Ann	Backbends and chest openers more...
	9:00-10:30 am	Small	Alice	Seniors
	Noon-1:00 pm	Large	Jeanne Ann	1-2
	5:45-7:15 pm	Small	Eleanor	1-2
	5:45-7:15 pm Prenatal	Large	Nancy H.	No previous yoga experience necessary, you may join this class at any time! Click here for more information.
	Level 2 is now Tuesday evening!			
Tuesday	9:00-10:30 am	Small	Shelley	1
	10:00-11:30 am	Large	Eleanor	1-2
	Noon-1:00 pm	Large	Eleanor	1-2
	7:00-8:30 pm	Large	Emma	1-2
	NEW TIME!! 6:30-8:00 pm	Small	Jeanne Ann	2
Wednesday	7:30-8:30 am	Large	Suzanna	1-2
	9:30-10:30 am	Small	Eleanor	Gentle Yoga for All more...
	9:30-11:00 am	Large	Jeanne Ann	1-2
	Noon-1:00 pm	Large	Jeanne Ann	1-2
	5:45-7:15 pm	Small	Kevin	1
	5:45-7:15 pm	Large	Jeanne Ann	1-2
Thursday	5:45-7:15 pm	Large	Eleanor	Fundamentals (4-week series, begins first Thursday of each month; no class on fifth Thursday in month, if there is one). Please pre-register for this class (see Beginners Page) . Note: Fundamentals classes must have 5 registrants prior to the first class or class is cancelled. You may also begin the second week if you call before the first class begins to let us know you'll be joining us! We also offer a 2.5 hour crash course workshop by demand and at intervals throughout the year!
	5:45-7:15 pm	Small	Steven	1-2

	7:30-9:00 pm	Large	Eleanor	1
Friday	9:15-10:45 am	Large	Jeanne Ann	1-2 - Power Yoga the Iyengar Way more...
	9:15-10:45 am	Small	Lauren	1-2
	Noon-1:00 pm	Large	Jeanne Ann	1-2
Saturday	8:15-9:45 am	Large	Jeanne Ann	2
	10:00-11:30 am	Large	Jeanne Ann	1-2
	10:00-11:30 am	Small	Kelly	1
Sunday	8:45-10:15	Small	Melody	Fundamentals (4-week series, begins first Thursday of each month; no class on fifth Thursday in month, if there is one). Please pre-register for this class (see Beginners Page) . Note: Fundamentals classes must have 5 registrants prior to the first class or class is cancelled. You may also begin the second week if you call before the first class begins to let us know you'll be joining us! We also offer a 2.5 hour crash course workshop by demand and at intervals throughout the year!
	8:45-10:15	Large	Eleanor	1-2
	10:30-noon	Large	Melody	1
	4:30-6:00 pm	Large	Signe	1-2