

Session: June 21 - August 14, 2010

DAY	TIME	CLASS	INSTRUCTOR
Monday	11:00 - 12:15 am 5:30 - 6:45 pm 7:00 - 8:15 pm	Gentle Yoga Gentle Yoga Gentle Vinyasa	Pam Barb Barb
Tuesday	9:00 - 10:15 am 10:30 - 11:45 am 5:30 - 6:45 pm 7:00 - 8:15 pm	Gentle Yoga Gentle Vinyasa Vinyasa Gentle Yoga	Pam Pam Pam Pam
Wednesday	9:15 - 10:45 am 11:00 - 12:15 pm 5:30 - 6:45 pm 7:00 - 8:15 pm 8:00 - 9:15 pm	Vinyasa Gentle Yoga Gentle Yoga Men's Yoga <i>Men's Yoga is <u>not</u> restricted to men only.</i> Beach Yoga - \$5 Walk-In Grand Haven City Beach	Jaala Pam Charlie Charlie Barb
Thursday	9:00 - 10:15 am 10:30 - 11:45 am 6:00 - 7:15 pm 7:30 - 8:45 pm	Gentle Yoga Gentle Vinyasa Vinyasa Gentle Yoga	Pam Pam Jaala Crystal
Friday	9:15 - 10:45 am 11:00 - 12:15 pm 5:30 - 6:45 pm	Vinyasa Restorative Yoga Gentle Yoga	Pam Pam Linda
Saturday	10:00 - 11:15 am	Gentle Vinyasa	Charlie
Sunday	NO CLASSES		