

## Session: November 1 - December 23, 2009

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:15 - 10:30 am	Gentle Vinyasa	Pam
	11:00 - 12:15 am	Gentle Yoga	Pam
	5:30 - 6:45 pm	Gentle Yoga	Linda
	7:00 - 8:15 pm	Gentle Vinyasa	Linda
Tuesday	9:00 - 10:15 am	Gentle Yoga	Pam
	10:30 - 11:45 am	Gentle Vinyasa	Pam
	5:30 - 6:45 pm	Vinyasa	Pam
	7:00 - 8:15 pm	Gentle Yoga	Pam
Wednesday	7:30 - 8:45 am	Gentle Vinyasa	Jaala
	9:15 - 10:45 am	Vinyasa	Jaala
	11:00 - 12:15 pm	Gentle Yoga	Pam
	5:30 - 6:45 pm	Gentle Yoga	Charlie
	7:00 - 8:15 pm	Men's Yoga <i>Men's Yoga is <u>not</u> restricted to men only</i>	Charlie
Thursday	9:00 - 10:15 am	Gentle Yoga	Pam
	10:30 - 11:45 am	Gentle Vinyasa	Pam
	6:00 - 7:15 pm	Vinyasa	Jaala
	7:30 - 8:45 pm	Gentle Yoga	Crystal
Friday	9:15 - 10:45 am	Vinyasa	Pam
	11:00 - 12:15 pm	Restorative Yoga	Pam
	5:30 - 6:45 pm	Gentle Vinyasa	Linda
Saturday	10:00 - 11:15 am	Gentle Vinyasa	Charlie
Sunday	1:00 - 2:15 pm	Gentle Vinyasa	Linda
	<b>New Class Time</b>		