



\*free yoga workshop on saturday, march 6th @ 8pm:

"taking yoga off the mat" using your mindfulness and meditation practice in daily life.

\*DON'T FORGET: 12pm and 2pm weekend classes and 9:45pm classes!

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
TIME	1	2	3	4	5	TIME	6	7
7:00	Julia G (75) F	Holly (75) F	Kierstin (60) S	Peter (75) F	Mike (60) F	8:00	Jacqueline (75) F	Peter (75) F
10:00	Jess L (90) M	Holly (90) M	Kierstin (90) L2	Peter (90) MM	Mike (90) M	10:00	Jacqueline (90) M	Peter (90) M
12:00	Jess L (60) F	Holly (60) F	Jess L (60) F	Julia G (60) F	Peter (60) F	12:00	Jacqueline (75) F	Rachel (75) F
4:30	Jess M (60) F	Kierstin (60) F	Marianne (60) F	Holly (60) F	Peter (60) F	2:00	Tracey (75) F	Jordan (75) F
6:00	Joshua (90) M	Kierstin (90) M	Jacqueline(90)M	Holly (90) M	Joshua (90) M	4:00	Joshua (90) M	Rachel (90) M
8:00	Rachel (75) M	Kierstin(75) M	Jacqueline(75)M	Rachel (75) F	Joshua (75) K	6:00	Gabriella (75) MU	Paul (75) KR
9:45	Rachel (60) F	Peter (60) F	Jacqueline(60)F	Paul (60) Y/Y	*****	8:00	Moksha Workshop	
	8	9	10	11	12		13	14
7:00	Julia G (75) F	Julie T (75) F	Kierstin (60) S	Peter (75) F	Mike (60) F	8:00	Jacqueline (75) F	Peter (75) F
10:00	Jess L (90) M	Julie T (90) M	Kierstin (90) L2	Peter (90) MM	Mike (90) M	10:00	Jacqueline (90) M	Peter (90) M
12:00	Jess L (60) F	Julie T (60) F	Jess L (60) F	Julia G (60) F	Peter (60) F	12:00	Jacqueline (75) F	Rachel (75) F
4:30	TBA (60) F	Kierstin (60) F	Marianne (60) F	Rachel (60) F	Peter (60) F	2:00	Tracey (75) F	Jordan (75) F
6:00	TBA (90) M	Kierstin (90) M	Rachel (90) M	Rachel (90) M	Joshua (90) M	4:00	Joshua (90) M	Jordan (90) M
8:00	TBA (75) M	Kierstin(75) M	Rachel (75) M	Barbara (75) F	Joshua (75) K	6:00	Gabriella (75) MU	Paul (75) KR
9:45	Rachel (60) F	Peter (60) F	Rachel (60) F	Paul (60) Y/Y	*****			
	15	16	17	18	19		20	21
7:00	Rachel (75) F	Holly (75) F	Kierstin (60) S	Peter (75) F	Mike (60) F	8:00	Rachel (75) F	Peter (75) F
10:00	Jess L (90) M	Holly (90) M	Kierstin (90) L2	Peter (90) MM	Mike (90) M	10:00	Rachel (90) M	Peter (90) M
12:00	Jess L (60) F	Holly (60) F	Jess L (60) F	Peter (60) F	Peter (60) F	12:00	Rachel (75) F	Rachel (75) F
4:30	Kierstin (60) F	Kierstin (60) F	Marianne (60) F	Holly (60) F	Peter (60) F	2:00	Tracey (75) F	Jordan (75) F
6:00	Kierstin (90) M	Kierstin (90) M	Jacqueline(90)M	Holly (90) M	Joshua (90) M	4:00	Joshua (90) M	Jordan (90) M
8:00	Kierstin (75) M	Kierstin(75) M	Jacqueline(75)M	Barbara (75) F	Joshua (75) K	6:00	Gabriella (75) MU	Paul (75) KR
9:45	Paul (60) F	Peter (60) F	Jacqueline(60)F	Paul (60) Y/Y	*****			
	22	23	24	25	26		27	28
7:00	Julia G (75) F	Julie T (75) F	Kierstin (60) S	Peter (75) F	Mike (60) F	8:00	Rachel (75) F	Peter (75) F
10:00	Jess L (90) M	Julie T (90) M	Kierstin (90) L2	Peter (90) MM	Mike (90) M	10:00	Rachel (90) M	Peter (90) M
12:00	Jess L (60) F	Julie T (60) F	Jess L (60) F	Julia G (60) F	Peter (60) F	12:00	Rachel (75) F	Rachel (75) F
4:30	TBA (60) F	Kierstin (60) F	Peter (60) F	Holly (60) F	Peter (60) F	2:00	Julia G (75) F	Rachel (75) F
6:00	TBA (90) M	Kierstin (90) M	Rachel (90) M	Holly (90) M	Joshua (90) M	4:00	Joshua (90) M	Rachel (90) M
8:00	TBA (75) M	Kierstin(75) M	Rachel (75) M	Barbara (75) F	Joshua (75) K	6:00	Gabriella (75) MU	Paul (75) KR
9:45	Rachel (60) F	Peter (60) F	Rachel (60) F	Paul (60) Y/Y	*****			
	29	30	31					
7:00	Julia G (75) F	Julie T (75) F	Kierstin (60) S					
10:00	Jess L (90) M	Julie T (90) M	Kierstin (90) L2					
12:00	Jess L (60) F	Julie T (60) F	Jess L (60) F					
4:30	TBA (60) F	Kierstin (60) F	Marianne (60) F					
6:00	TBA (90) M	Kierstin (90) M	Jacqueline(90)M					
8:00	TBA (75) M	Kierstin(75) M	Jacqueline(75)M					
9:45	Rachel (60) F	Peter (60) F	Jacqueline(60)F					

F-Flow Class MU-Moksha Music or Drumming MM-Moksha Mix  
 YY-Yang Yin S-Silent KR-Kriya M-Traditional Moksha  
 L2-Level Two Moksha K-Karma(\$8 minimum donation)

calendar subject to class and instructor changes