

# January, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year! Office closed	2 9a – 10a Yin Yoga & Detox 6p – 7p Yin & Detox	3 5:30p – 6:30p Level II Yoga - Tori	4	5
6 1p – 3p New Year Meditation & Journaling - Joy	7	8 9a – 10a Classical Yoga - Tiffany 5:30p – 6:30p Gentle Yoga- Tiffany	9 9a – 10a Classical Yoga – Tiffany 7:15p – 7:45p Guided Meditation - Joy	10 5:30p – 6:30p Level II Yoga - Tori	11	12
13	14 5:30p – 6:30p Yoga Basics - Diane	15 9a – 10a Classical Yoga - Tiffany 5:30p – 6:30p Gentle Yoga - Diane	16 9a – 10a Classical Yoga - Tiffany	17 5:30p – 6:30p Level II Yoga - Tori	18	19
20 1p – 2p Intro to Yoga - Diane 3p – 4p Restorative Yoga - Diane	21 5:30p – 6:30p Yoga Basics - Diane 6:45p – 7:30p Yoga Nidra - Tiffany	22 9a – 10a Classical Yoga – Tiffany 5:30p – 6:30p Gentle Yoga - Diane	23 9a – 10a Classical Yoga - Tiffany 6p – 7p Myofascial Release- Tiffany 7:15p – 7:45p Guided Meditation - Joy	24 5:30p – 6:30p Level II Yoga - Tori	25 6p – 8p yogazhour with Patty Gorder	26
27 1p – 3:30p Gentle Flow & Nidra - Wanda	28 5:30p – 6:30p Yoga Basics - Diane	29 9a – 10a Classical Yoga – Tiffany 5:30p – 6:30p Gentle Yoga - Diane	30 9a – 10a Classical Yoga - Tiffany	31 5:30p – 6:30p Level II Yoga - Tori		

