

## FEBRUARY 2012 - CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 5:30 Gentle Hatha Flow 7:00 - Pilates	31 11:00 - Pilates 5:00 - Yin/Restore 6:00 - Iyengar 1 7:15 - Meditation	1 9:30 - Iyengar 3* 11:00 - Iyengar 1 6:00 - Pilates 7:15 - Meditation	2 11:00 - Pilates 6:00 - Iyengar 3* 7:15 - Iyengar 2*	3	4 9:30 - Yoga4Runners 11:00 - Restore*

*February 4-week workshops begin Monday, February 6th. (Minimum of 3 registered participants is required to run the workshop.)*

6 5:30 Gentle Hatha Flow 7:00 - Pilates	7 11:00 - Pilates 5:00 - Yin/Restore 6:00 - Iyengar 1 7:15 - Meditation	8 9:30 - Iyengar 3* 11:00 - Iyengar 1 6:00 - Pilates 7:15 - Meditation	9 11:00 - Pilates 6:00 - Iyengar 3* 7:15 - Iyengar 2*	10	11 9:30 - Yoga4Runners 11:00 - Restore*
13 5:30 Gentle Hatha Flow 7:00 - Pilates	14 <b>VALANTINE'S DAY</b> 11:00 - Pilates 5:00 - Yin/Restore 6:00 - Iyengar 1 7:15 - Meditation	15 9:30 - Iyengar 3* 11:00 - Iyengar 1 6:00 - Pilates 7:15 - Meditation	16 11:00 - Pilates 6:00 - Iyengar 3* 7:15 - Iyengar 2*	17	18 9:30 - Yoga4Runners 11:00 - Restore*
20 <b>FAMILY DAY</b> 5:30 Gentle Hatha Flow 7:00 - Pilates	21 11:00 - Pilates 5:00 - Yin/Restore 6:00 - Iyengar 1 7:15 - Meditation	22 9:30 - Iyengar 3* 11:00 - Iyengar 1 6:00 - Pilates 7:15 - Meditation	23 11:00 - Pilates 6:00 - Iyengar 3* 7:15 - Iyengar 2*	24	25 9:30 - Yoga4Runners 11:00 - Restore*
27 5:30 Gentle Hatha Flow 7:00 - Pilates	28 11:00 - Pilates 5:00 - Yin/Restore 6:00 - Iyengar 1 7:15 - Meditation	29 9:30 - Iyengar 3* 11:00 - Iyengar 1 6:00 - Pilates 7:15 - Meditation	<b>LEGEND:</b> (no asterisk): 60 min, *: 75 min, (DI): drop-in class. <i>Please see our website for class descriptions.</i>		