

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 6	May 7	May 8	May 9	May 10	May 11	May 12
7am COMPLETE (A) - Ann 9:15am Beginners (1) - George 4pm Pilates (A) - Serge 6pm Flow (2) - Bank 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Prie 4pm Beginners (1) - Ann 6pm Yin (A) - Jennifer 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - Ann 9:15am Flow (A) - Michael 4pm Beginners (1) - Chris 6pm Flow (2) - Bank 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Prie 4pm Beginners (1) - Betti 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - Michael 9:15am Beginners (A) - Chris 4pm Pilates (A) - Serge 6pm Yin (A) - Jennifer 9pm Singing Bowls (F) - Vlad	7am Meditation/Pranayama(F) Bank 8am COMPLETE (A) - Bank 11am Donation Based (F) - Chris 4pm Acro (F) - Serge 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 4pm Ashtanga Fusion (A) - Jennifer 6pm Yin (A) - Betti 9pm Candle Gazing (F) - Ronnie
May 13	May 14	May 15	May 16	May 17	May 18	May 19
7am COMPLETE (A) - Ann 9:15am Beginners (1) - George 4pm Pilates (A) - Serge 6pm Flow (2) - Bank 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Prie 4pm Beginners (1) - Ann 6pm Yin (A) - Jennifer 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - Ann 9:15am Flow (A) - Michael 4pm Beginners (1) - Chris 6pm Flow (2) - Bank 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Prie 4pm Beginners (1) - Betti 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - Bank 9:15am Beginners (A) - Chris 4pm Pilates (A) - Serge 6pm Yin (A) - Ann 9pm Singing Bowls (F) - Vlad	7am Meditation/Pranayama(F)Michael 8am COMPLETE (A) - Michael 11am Donation Based (F) - Yaya 4pm Acro (F) - Serge 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am Meditation/Pranayama (F) Bank 8am COMPLETE (A) - Bank 4pm Ashtanga Fusion (A) - Jennifer 6pm Yin (A) - Betti 9pm Candle Gazing (F) - Ronnie
May 20	May 21	May 22	May 23	May 24	May 25	May 26
7am COMPLETE (A) - Ann 9:15am Beginners (1) - George 4pm Pilates (A) - Serge 6pm Flow (2) - Bank 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Prie 4pm Beginners (1) - Ann 6pm Yin (A) - Jennifer 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - Ann 9:15am Flow (A) - Michael 4pm Beginners (1) - Chris 6pm Flow (2) - Bank 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Prie 4pm Beginners (1) - Betti 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - George 9:15am Beginners (A) - Chris 4pm Pilates (A) - Serge 6pm Yin (A) - Ann 9pm Singing Bowls (F) - Vlad	7am Meditation/Pranayama(F)Michael 8am COMPLETE (A) - Michael 11am Donation Based (F) - Prie 4pm Acro (F) - Serge 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 4pm Ashtanga Fusion (A) - Jennifer 6pm Yin (A) - Betti 9pm Candle Gazing (F) - Ronnie
May 27	May 28	May 29	May 30	May 31	June 1	June 2
7am COMPLETE (A) - Ann 9:15am Beginners (1) - George 4pm Pilates (A) - Serge 6pm Flow (2) - Bank 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Prie 4pm Beginners (1) - Ann 6pm Yin (A) - Jennifer 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - Ann 9:15am Flow (A) - Michael 4pm Beginners (1) - Chris 6pm Flow (2) - Bank 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Prie 4pm Beginners (1) - Betti 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - George 9:15am Beginners (A) - Chris 4pm Pilates (A) - Serge 6pm Yin (A) - Ann 9pm Singing Bowls (F) - Vlad	7am Meditation/Pranayama(F) Bank 8am COMPLETE (A) - Bank 11am Donation Based (F) - Yaya 4pm Acro (F) - Serge 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 4pm Ashtanga Fusion (A) - Jennifer 6pm Yin (A) - Betti 9pm Candle Gazing (F) - Ronnie
June 3	June 4	June 5	June 6	June 7	June 8	June 9
7am COMPLETE (A) - Ann 9:15am Beginners (1) - George 4pm Pilates (A) - Serge 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Alisa 4pm Beginners (1) - Prie 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - Ann 9:15am Flow (A) - Prie 4pm Beginners (1) - Chris 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - Alisa 9:15am Flow (A) - George 4pm Beginners (1) - Betti 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - George 9:15am Beginners (A) - Chris 4pm Pilates (A) - Serge 6pm Yin (A) - Alisa 9pm Singing Bowls (F) - Vlad	7am Meditation/Pranayama(F) Bank 8am COMPLETE (A) - Bank 11am Donation Based (F) - Yaya 4pm Acro (F) - Serge 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 4pm Ashtanga Fusion (A) - Jennifer 6pm Yin (A) - Betti 9pm Candle Gazing (F) - Ronnie

(A) = All levels class, some experience recommended
 (1) = Beginner or low intensity
 (2) = Intermediate, or more intense (not recommended for beginners)

Typical class duration - around 90 min
 Typical meditation/pranayama duration - up to 45 min
 COMPLETE class - 120 min (includes meditation & pranayama)

(F) = Free, no charge