

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 19	August 20	August 21	August 22	August 23	August 24	August 25
7am COMPLETE (A) - George 9:15am Beginners (1) - Michael 4pm Pilates (A) - Serge 6pm Flow (2) - Alisa 9pm Singing Bowls - Vlad	7am COMPLETE (A) - Mikey 9:15am Flow (A) - Alisa 4pm Beginners (1) - George 6pm Yin (A) - Niki 9pm Gong Meditation - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Niki 4pm Beginners (1) - Chris 6pm Flow (2) - Alisa 9pm Singing Bowls - Vlad	7am COMPLETE (A) - Alisa 9:15am Flow (A) - George 4pm Beginners (1) - Michael 6pm Yin (A) - Betti 9pm Gong Meditation - Vlad	7am COMPLETE (A) - George 9:15am Beginners (A) - Mikey 4pm Pilates (A) - Serge 6pm Yin (A) - Alisa 8:30pm Tantra for women (talk) - Niki	7am Meditation/Pranayama (F) Mikey 8am COMPLETE (A) - Mikey 11am Donation Based (F) - Michael 4pm Acro (F) - Serge 6pm Yin (A) - Ann 9pm Singing Bowls - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 4pm Flow (2) - Mikey 6pm Yin (A) - Niki 9pm Gong Meditation - Vlad
August 26	August 27	August 28	August 29	August 30	August 31	September 1
7am COMPLETE (A) - Ann 9:15am Beginners (1) - Michael 4pm Pilates (A) - Serge 6pm Flow (2) - Alisa 9pm Singing Bowls - Vlad	7am COMPLETE (A) - Mikey 9:15am Flow (A) - Alisa 4pm Beginners (1) - George 6pm Yin (A) - Ann 9pm Gong Meditation - Vlad	7am COMPLETE (A) - Ann 9:15am Flow (A) - George 4pm Beginners (1) - Chris 6pm Flow (2) - Alisa 9pm Singing Bowls - Vlad	7am COMPLETE (A) - Alisa 9:15am Flow (A) - George 4pm Beginners (1) - George 6pm Yin (A) - Betti 9pm Gong Meditation - Vlad	7am COMPLETE (A) - George 9:15am Beginners (A) - Mikey 4pm Pilates (A) - Serge 6pm Yin (A) - Alisa 9pm Singing Bowls - Vlad	7am Meditation/Pranayama (F) Mikey 8am COMPLETE (A) - Mikey 11am Donation Based (F) - Mikey 4pm Acro (F) - Serge 6pm Yin (A) - Ann 9pm Gong Meditation - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 4pm Flow (2) - Michael 6pm Yin (A) - Niki 9pm Singing Bowls - Vlad
September 2	September 3	September 4	September 5	September 6	September 7	September 8
7am COMPLETE (A) - Ann 9:15am Beginners (1) - Michael 4pm Pilates (A) - Serge 6pm Flow (2) - Alisa 9pm Singing Bowls - Vlad	7am COMPLETE (A) - Mikey 9:15am Flow (A) - Alisa 4pm Beginners (1) - George 6pm Yin (A) - Ann 9pm Gong Meditation - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Niki 4pm Beginners (1) - Chris 6pm Flow (2) - Alisa 9pm Singing Bowls - Vlad	7am COMPLETE (A) - Alisa 9:15am Flow (A) - Michael 4pm Beginners (1) - George 6pm Yin (A) - Betti 9pm Gong Meditation - Vlad	7am COMPLETE (A) - Niki 9:15am Beginners (A) - Ann 4pm Pilates (A) - Serge 6pm Yin (A) - Alisa 8:30pm Tantra for women (talk) - Niki	7am Meditation/Pranayama (F) Mikey 8am COMPLETE (A) - Mikey 11am Donation Based (F) - Niki 4pm Acro (F) - Serge 6pm Yin (A) - Ann 9pm Gong Meditation - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 4pm Flow (2) - Mikey 6pm Yin (A) - Niki 9pm Singing Bowls - Vlad
September 9	September 10	September 11	September 12	September 13	September 14	September 15
7am COMPLETE (A) - Ann 9:15am Beginners (1) - Michael 4pm Pilates (A) - Serge 6pm Flow (2) - Alisa 9pm Singing Bowls - Vlad	7am COMPLETE (A) - Mikey 9:15am Flow (A) - Alisa 4pm Beginners (1) - George 6pm Yin (A) - Ann 9pm Gong Meditation - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Niki 4pm Beginners (1) - Chris 6pm Flow (2) - Alisa 9pm Singing Bowls - Vlad	7am COMPLETE (A) - Alisa 9:15am Flow (A) - Michael 4pm Beginners (1) - George 6pm Yin (A) - Betti 9pm Gong Meditation - Vlad	7am COMPLETE (A) - George 9:15am Beginners (A) - Ann 4pm Pilates (A) - Serge 6pm Yin (A) - Alisa 8:30pm Tantra for women (talk) - Niki	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 11am Donation Based (F) - Vikasa Grad 4pm Acro (F) - Serge 6pm Yin (A) - Ann 9pm Gong Meditation - Vlad	7am Meditation/Pranayama (F) Niki 8am COMPLETE (A) - Niki 11am Donation Based (F) - Vikasa Grad 4pm Flow (2) - George 6pm Yin (A) - Niki 9pm Singing Bowls - Vlad
September 16	September 17	September 18	September 19	September 20	September 21	September 22
7am COMPLETE (A) - Ann 9:15am Beginners (1) - George 4pm Pilates (A) - Serge 6pm Flow (2) - Alisa 9pm Singing Bowls - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Alisa 4pm Beginners (1) - George 6pm Yin (A) - Ann 9pm Gong Meditation - Vlad	7am COMPLETE (A) - Niki 9:15am Flow (A) - Ann 4pm Beginners (1) - Chris 6pm Flow (2) - Alisa 9pm Singing Bowls - Vlad	7am COMPLETE (A) - Alisa 9:15am Flow (A) - George 4pm Beginners (1) - Chris 6pm Yin (A) - Betti 9pm Gong Meditation - Vlad	7am COMPLETE (A) - Michael 9:15am Beginners (A) - Ann 4pm Pilates (A) - Serge 6pm Yin (A) - Alisa 9pm Singing Bowls - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 11am Donation Based (F) - Vikasa Grad 4pm Acro (F) - Serge 6pm Yin (A) - Ann 9pm Gong Meditation - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 11am Donation Based (F) - Vikasa Grad 4pm Flow (2) - Michael 6pm Yin (A) - Niki 9pm Singing Bowls - Vlad

(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