




<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
9:00 - 10:30 <b>BONNIE</b> Vinyasa <i>Moderate/Vigorous</i>		9:00 - 10:30 <b>BONNIE</b> Vinyasa <i>Moderate/Vigorous</i>	9:00 - 10:30 <b>KANTA</b> Kripalu <i>Gentle/Moderate</i>	9:00 - 10:30 <b>SCARLET</b> Kripalu Vinyasa <i>Moderate/Vigorous</i>	8:30 - 10:00 <b>BONNIE</b> Vinyasa <i>Moderate/Vigorous</i>	8:30-10:00 <b>JOSH</b> Yin Yoga <i>Gentle/Moderate</i>
	10:00-11:30 <b>SCARLET</b> Kripalu <i>Gentle/Moderate</i>				10:30-12:00 <b>JANE</b> Anusara® <i>Moderate</i>	10:30-12:00 <b>MEGAN</b> Sunday Yoga <i>Moderate</i>
3:30 - 4:30 <b>JEN</b> KIDS Aerial * (ages 6-9) <i>Sign-up by 3pm</i>	3:30 - 4:30 <b>JEN</b> KIDS Aerial * (ages 10-14) <i>Sign-up by 3pm</i>		4:00 - 5:00 <b>JEN</b> Aerial Yoga* <i>Sign-up by 3pm</i>		<u>*Announcements:</u>  <b>October 12-14th</b> Five Element Yoga & Yoga Nidra with Jennifer Reis <i>Regular classes canceled this weekend.</i>  <b>October 20th</b> Yoga & Lyme Disease with Irene Bright-Dumm    	
5:30-7:00 <b>SHERRY</b> Slow flow & Yin <i>Gentle/Moderate</i>	5:30-6:30 <b>MARTHA</b> Kripalu <i>Gentle/Moderate</i>	5:30-7:00 <b>JANE</b> Wednesday Night Wild Things <i>Moderate/Vigorous</i>	5:30-6:30 <b>JEN</b> Yoga Essentials <i>Gentle</i>	5:30-7:00 <b>Community</b> Class Varying Teachers		