

# February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 <ul style="list-style-type: none"> <li>8:00 AM Yoga Flow with Travis</li> <li>10:00 AM Tai Chi – elemental*</li> <li>11:15 AM Tai Chi – deepening*</li> </ul>	30 <ul style="list-style-type: none"> <li>7:30 AM Vinyasa Flow with Kristi</li> <li>9:00 AM Sacred Sweat</li> <li>10:30 AM All Levels Vinyasa Flow Yoga – on break</li> <li>3:45 PM Defining Strength</li> <li>5:30 PM Core Workout with Korinn</li> <li>6:00 PM Zumba</li> </ul>	31 <ul style="list-style-type: none"> <li>7:30 AM Yoga Flow with Travis</li> <li>9:00 AM Iyengar Yoga – sub – Jessica Shepard</li> <li>5:30 PM Kundalini Yoga &amp; Art with Kristi</li> </ul>	1 <ul style="list-style-type: none"> <li>7:30 AM Vinyasa Flow with Kristi</li> <li>9:00 AM Sacred Sweat</li> <li>10:30 AM Inner Sanctuary Yoga</li> <li>5:30 PM Zumba Toning</li> <li>6:00 PM Zumba</li> </ul>	2 <ul style="list-style-type: none"> <li>7:30 AM Yoga Flow with Travis</li> <li>9:00 AM Iyengar Yoga – sub – Jessica Shepard</li> <li>2:30 PM Pilates Mat Class</li> <li>3:45 PM Defining Strength – cancelled</li> <li>5:15 PM Sacred Stretch</li> <li>6:30 PM 5Rhythms</li> </ul>	3 <ul style="list-style-type: none"> <li>9:00 AM Sacred Sweat</li> <li>5:30 PM Root Rhythms</li> </ul>	4 <ul style="list-style-type: none"> <li>8:30 AM Donation Only Vinyasa Flow Yoga with Denyse</li> <li>10:00 AM Donation Only Vinyasa Flow with Denyse</li> </ul>
5 <ul style="list-style-type: none"> <li>8:00 AM Yoga Flow with Travis</li> <li>10:00 AM Tai Chi – elemental</li> <li>11:15 AM Tai Chi – deepening</li> <li>1:00 PM Contact Improvisation Workshop</li> </ul>	6 <ul style="list-style-type: none"> <li>7:30 AM Vinyasa Flow with Kristi</li> <li>9:00 AM Sacred Sweat</li> <li>10:30 AM All Levels Vinyasa Flow Yoga – on break</li> <li>3:45 PM Defining Strength</li> <li>5:30 PM Core Workout with Korinn</li> <li>6:00 PM Zumba</li> </ul>	7 <ul style="list-style-type: none"> <li>7:30 AM Yoga Flow with Travis</li> <li>9:00 AM Iyengar Yoga</li> <li>5:30 PM Kundalini Yoga &amp; Art with Kristi</li> </ul>	8 <ul style="list-style-type: none"> <li>7:30 AM Vinyasa Flow with Kristi</li> <li>9:00 AM Sacred Sweat</li> <li>10:30 AM Inner Sanctuary Yoga</li> <li>5:30 PM Zumba Toning</li> <li>6:00 PM Zumba</li> </ul>	9 <ul style="list-style-type: none"> <li>7:30 AM Yoga Flow with Travis</li> <li>9:00 AM Iyengar Yoga</li> <li>2:30 PM Pilates Mat Class</li> <li>3:45 PM Defining Strength</li> <li>5:15 PM Sacred Stretch</li> <li>6:30 PM 5Rhythms</li> </ul>	10 <ul style="list-style-type: none"> <li>9:00 AM Sacred Sweat</li> <li>5:30 PM Root Rhythms</li> </ul>	11 <ul style="list-style-type: none"> <li>8:30 AM Donation Only Vinyasa Flow Yoga with Denyse</li> <li>10:00 AM Donation Only Vinyasa Flow with Denyse</li> </ul>
12 <ul style="list-style-type: none"> <li>8:00 AM Yoga Flow with Travis</li> <li>10:00 AM Priyadarshi Away</li> <li>10:00 AM Tai Chi – elemental</li> <li>11:15 AM Tai Chi – deepening</li> <li>1:00 PM Contact Improvisation Workshop – Snow Date</li> </ul>	13 <ul style="list-style-type: none"> <li>7:30 AM Vinyasa Flow with Kristi</li> <li>9:00 AM Sacred Sweat</li> <li>10:30 AM All Levels Vinyasa Flow Yoga – on break</li> <li>3:45 PM Defining Strength</li> <li>5:30 PM Core Workout with Korinn</li> <li>6:00 PM Zumba</li> </ul>	14 <ul style="list-style-type: none"> <li>7:30 AM Yoga Flow with Travis</li> <li>9:00 AM Iyengar Yoga</li> <li>5:30 PM Kundalini Yoga &amp; Art with Kristi</li> </ul>	15 <ul style="list-style-type: none"> <li>7:30 AM Vinyasa Flow with Kristi</li> <li>9:00 AM Sacred Sweat</li> <li>10:30 AM Inner Sanctuary Yoga</li> <li>5:30 PM Zumba Toning</li> <li>6:00 PM Zumba</li> </ul>	16 <ul style="list-style-type: none"> <li>7:30 AM Yoga Flow with Travis</li> <li>9:00 AM Iyengar Yoga</li> <li>2:30 PM Pilates Mat Class</li> <li>3:45 PM Defining Strength</li> <li>5:15 PM Sacred Stretch</li> <li>6:30 PM 5Rhythms</li> </ul>	17 <ul style="list-style-type: none"> <li>9:00 AM Sacred Sweat</li> <li>5:30 PM Root Rhythms</li> </ul>	18 <ul style="list-style-type: none"> <li>8:30 AM Donation Only Vinyasa Flow Yoga with Denyse</li> <li>10:00 AM Donation Only Vinyasa Flow with Denyse</li> </ul>
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