

Please check our online schedule and studio whiteboard for all updates & changes to schedule. Teacher bios can be found online.
 Earth = large room, Sky = small room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10:30am	Beth Flow 2 Sky	Lindsey Power Sky	Beth Flow 2 Sky	Lindsey Power Sky	Beth Flow 2 Sky	Beth Flow 3 Sky	Melissa Flow All Earth
9:15-10:30am	Natalie Gentle Earth	Natalie Essentials Earth	Natalie Gentle Earth	Natalie Essentials Earth	Natalie Gentle Earth	Krista Flow 2 Earth ends at 10:45am	Natalie Essentials Sky Community \$7
10:45-12:00pm	Carlos Chi Kung Sky Community \$7		Natalie YFCP ² Sky Community \$7		Natalie Meditation Earth Community \$7 ends at 11:30am	Beth Flow 1 Earth	Cynde Yin Sky Carlos Intro to Tai Chi & Chi Kung 1st Sunday of every month only
12:00-1:00pm	Lindsey Flow 2 Earth		Lindsey Flow 2 Earth		Lindsey Flow 2 Earth		Donation classes are 1st Sunday of every month
4:00-5:30pm		Beth Flow 1 Earth Lindsey Frogs (3-7yo) Sky starts at 4:15pm*		Beth Flow 1 Earth			
5:30-7:00pm	Beth Flow 2 Earth	Krista Flow 2 Sky	Beth Flow 2 Earth	Krista Flow 2 Sky	Sandy Flow 1 Earth Community \$7		
5:45-7:15pm	Carlos Tai Chi Sky	Natalie Gentle Earth ends at 7:00p	Carlos Tai Chi Sky	Natalie Gentle Earth ends at 7:00p			

Notes:

- 1) All Community Classes are half price at \$7 and may be paid separately from class packages
- 2) All Gentle classes are also appropriate for **Pregnancy & Seniors**
- 3) YFCP = Yoga for Cancer Patients & People w/ Auto Immune Diseases (appropriate for family members as well); a \$7 community class
- 4) Frogs class ends at 5:15pm; supervised play time until 5:30pm if parents want to take Flow 1