



June 2015

beginning June 1, 2015
check MindBody Online for Changes

Weekly Class Schedule

Yoga, Pilates, Feldenkrais, Meditation & Medicine Open for Drop-Ins Unless Otherwise Noted.
Special Classes & Series Require Pre-Registration

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
8:30	8:30am-9:45am 1st, 8th, 15th Kripalu Yoga (Ellen) 29th Slow Flow Yoga (Kandy)	8:30am-10:00am Gentle Hatha Yoga [Therapeutic] (Bitsy)	8:30am-9:45am Open Level Kripalu (Ellen)	8:30am-10:00am Gentle Yin Yoga (Bitsy)	9am-10:15am Gentle Yoga (Dixie) No Class 26th	9:30am-11:00am Align & Flow Yoga (Karen)					
9:00											
9:30											
10:00	10:00am-11:00am Mat Pilates (Kandy) June 29th Only										
10:30				10:15am-11:15am Stretch & Flex (Karen)							
11:00											
11:30											
12:00				12pm-1:15pm Feldenkrais ATM® (Elaine)		11:30am-1:30pm Yamuna Body Rolling: Save Your Feet+ (Kandy Duke) June 13th Only					
12:30											
1:00											
1:30											
2:00					2pm-2:30pm Meditation						
2:30											
3:00											
3:30											
4:00											
4:30							4:30pm-6:00pm Meditative Kripalu Yoga (Brian) On Hiatus for Summer				
5:00		4-week Series									
5:30	5:30pm-6:30pm Pilates Mat (Bonni) No Class 8th, 22nd, 29th	5:30-6:30pm Feldenkrais: Spinal Awareness (Elaine)	5:30pm-6:30pm Pilates Mat (Bonni) *No Class 10th 17th Core Yoga - Ellen	5:30pm-7:30pm Feldenkrais: Swing with Drive! (Elaine) 4-week Series June 4 - 25							
6:00						Weekly Class - Dropin or Class Pass					
6:30						Special Class or Series					
7:00	7:00pm-8:30pm Medicine Dance - June 15 (Kathy Webb)	7:00pm-8:00pm Evening Zen Yoga Prenatal May 19- June 30 (Laura)				Community Donation Class					
7:30						Workshop					