

# Schedule of Ongoing Yoga Classes

Please *NOTE* session dates may be different for each class.  
Each noted under the class.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Experienced*</b> w/Annette 10:15-12:00  _____  Session Dates Sep 10 - Oct 29 (No class 9/3)	<b>Beginner/ Continuing</b> w/Nirooshi 10:00-11:30am  _____  Session Dates Sep 4 - Oct 30	<b>Beginner/ Continuing</b> w/Nirooshi 9:30-11:00am  _____  Session Dates Sep 5 - Oct 31	<b>Beginner/ Continuing</b> w/Annette 9:30-11:00am  _____  Session Dates Sep 13 - Oct 25 (No class 9/6)	
<b>Learn to Meditate†</b> w/Lissa 2:00pm-4:00pm  _____  Session Dates Sep 30, Oct 7 & Oct 14					<b>Experienced*</b> w/Nirooshi 12:00-1:45pm  _____  Session Dates Sep 7 - Oct 26
<b>Beginner/ Continuing</b> w/Nirooshi 5:30-7:00pm  _____  Session Dates Sep 9 - Oct 21 (No class 9/2, 10/28)	<b>Experienced*</b> w/Annette 7:00-8:45pm  _____  Session Dates Sep 10 - Oct 29 (No class 9/3)	<b>Beginner/ Continuing</b> w/Nirooshi 6:00-7:30pm  _____  Session Dates Sep 4 - Oct 30		<b>Experienced*</b> w/Annette 5:45-7:30pm  _____  Session Dates Sep 13 - Oct 25 (No class 9/6)	

†Meditation

\*Requires permission of instructor to attend this class.

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