

Living Yoga Schedule January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
January 1, 2012 10:30 AM Hot Hatha 60 12:00 PM Hot Hatha 90 New Years Day	2 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90 6:30 PM Pilates 60	3 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	4 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90	5 6:30 AM Hot Hatha 75 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	6 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90	7 7:30 Yin Yoga 9:00 AM Hot Hatha 90 11:00 AM Hot Hatha 60
8 9:00 AM Hot Hatha 90 11:00AM Hot Hatha 60 12:15 PM Evolution 75 3:30 Inversion Wrkshp 4:00 PM Hot Hatha 90	9 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90 6:30 PM Pilates 60	10 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	11 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90	12 6:30 AM Hot Hatha 75 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	13 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90	14 7:30 AM Yin Yoga 9:00 AM Hot Hatha 90 11:00 AM Hot Hatha 60
15 9:00 AM Hot Hatha 90 11:00AM Hot Hatha 60 12:15 Nutrition Semin 4:00 PM Hot Hatha 90	16 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90 6:30 PM Pilates 60	17 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	18 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90	19 6:30 AM Hot Hatha 75 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	20 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90	21 7:30 AM Yin Yoga 9:00 AM Hot Hatha 90 11:00 AM Hot Hatha 60
22 9:00 AM Hot Hatha 90 11:00AM Hot Hatha 60 3:30 Inversion Wrkshp 4:00 PM Hot Hatha 90	23 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90 6:30 PM Pilates 60	24 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	25 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90	26 6:30 AM Hot Hatha 75 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	27 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90	28 7:30 AM Yin Yoga 9:00 AM Hot Hatha 90 11:00 AM Hot Hatha 60
29 9:00 AM Hot Hatha 90 11:00AM Hot Hatha 60 12:15 PM Evolution 75 4:00 PM Hot Hatha 90	30 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90 6:30 PM Pilates 60	31 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	Hot Hatha 90 Minutes Hot Hatha 60 Minutes	Hot Hatha 75 Minutes Hot Hatha 75 w/ Music	Evolution 75 Minutes (Ad) Workshop/ Seminar	Pilates 60 Minutes Yin Yoga 60 Minutes