

All That Matters Week-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am - 10:30 am Heated Vinyasa Flow	8:30 am - 9:30 am Heated Baptiste Power Hour	7:45 am - 9:00 am Mixed Level Yoga *	8:00 am - 9:00 am Mixed-Level/Stretch and Breathe	8:15 am - 9:15 am Yoga Pilates *	8:00 am - 9:30 am Basic Yoga *
9:30 am - 10:45 am Basic Yoga *	9:30 am - 11:15 am Basic Yoga *	9:15 am - 10:45 am Vinyasa Yoga	9:00 am - 10:30 am Deepen Your Practice	9:00 am - 10:30 am Mixed Level Yoga *	8:30 am - 10:00 am Vinyasa Yoga
4:00 pm - 5:15 pm Restorative Yoga *	9:30 am - 11:00 am Vinyasa Yoga	9:30 am - 11:00 am Kundalini Yoga *	9:15 am - 10:45 am Heated Vinyasa Flow	Nikki is a student of Anusara® yoga 9:30 am - 11:00 am Vinyasa Yoga	9:45 am - 11:15 am Mixed Level Yoga *
4:45 pm - 5:45 pm Yoga Pilates *	11:30 am - 1:00 pm Yoga 50 + *	9:30 am - 11:00 am Svaroopa® Yoga *	9:30 am - 11:00 am Mixed Level Yoga *	9:30 am - 11:00 am Basic Yoga *	
5:45 pm - 7:15 pm Heated Prana Flow ®	4:15 pm - 5:45 pm Basic Yoga with Weights *	11:30 am - 1:00 pm Tai Chi *	11:15 am - 12:45 pm Yoga 50 + *	11:30 am - 1:00 pm Tai Chi *	Sunday
5:45 pm - 7:15 pm Deepen Your Practice	5:15 pm - 6:45 pm Svaroopa® Yoga *	12:00 am - 1:00 pm Mixed Level Yoga *	4:00 pm - 5:15 pm Mixed Level Yoga *	4:00 pm - 5:30 pm Heated Baptiste Power Yoga	8:30 am - 10:00 am Mixed Level Yoga *
6:00 pm - 7:15 pm Basic Yoga *	5:45 pm - 7:15 pm Basic Vinyasa *	4:00 pm - 5:30 pm Basic Yoga *	4:15 pm - 5:30 pm Heated Vinyasa Flow	4:15 pm - 5:30 pm Basic Yoga *	9:00 am - 10:30 am Heated Vinyasa Flow
7:30 pm - 9:00 pm Kundalini Yoga *	6:15 pm - 7:15 pm Mixed Level Yoga *	Nikki is a student of Anusara® yoga 5:45 pm - 7:15 pm Basic Vinyasa *	5:30 pm - 7:00 pm Basic Yoga *		10:15 am - 11:30 am Prenatal Yoga *
	7:00 pm - 8:30 pm Svaroopa® Yoga *	5:45 pm - 7:15 pm Mixed Level Yoga *	5:45 pm - 7:15 pm Vinyasa Yoga		5:30 pm - 7:00 pm Yoga for Stiff Guys *
	7:30 pm - 8:45 pm Yoga Workout	6:00 pm - 7:15 pm Heated Baptiste Power Yoga	5:45 pm - 7:15 pm Semi-Private Advanced Yoga		5:30 pm - 6:45 pm Vinyasa Yoga
		7:30 pm - 8:45 pm Vinyasa Yoga	Students must register in advance for this class.		

6:15 pm - 7:30 pm

Yin Yoga

7:30 pm - 9:00 pm

Mixed Level Yoga *

* Beginners Welcome

Students are welcome to drop in to any of these classes. Schedule is subject to change.

Winter/ Spring Yoga Schedule (January - May 2012). Classes run everyday except December 25 and November 26 and May 25 and April 12 and September 7. Classes run in 2 month series beginning January and March.