

# MAC 2009 SUMMER YOGA SCHEDULE

## Week of July 6 - 12

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Level 1 Yoga <i>Shiloh</i> 55 min.					
8:15 AM					Level 1 Yoga <i>Deb</i> 60 min.		
9:00 AM						Level 1 Yoga <i>Tara</i> 60 min.	
9:15 AM							Level 2 Yoga <i>Steve</i> 75 min.
9:30 AM	Level 1-2 Yoga <i>Carrie</i> 60 or 75 min.		Level 2 Yoga <i>Amie</i> 60 min.		Level 2 Yoga <i>Shelley</i> 75 min.		
10:30 AM		<del>Level 1-2 Yoga <i>Shelley</i> 60 min.</del>	← last summer class ← 6/30			Level 2-3 Yoga <i>Steve</i> 75 min.	
10:45 AM							Level 1 Yoga <b>Studio 2</b> <i>Sandy</i> (60 min.)
11:30 AM	Gentle Yoga <i>Diane</i> 60 min.		Gentle Yoga <b>Studio 1</b> <i>Deb</i> (60 min)				
4:15 PM		Level 2 Yoga <i>Shiloh</i> 60 min.		Level 2 Yoga <i>Shelley</i> 60 min.			
5:30 PM			Level 1 Yoga <i>Rachelle</i> 60 min.		Level 1 Yoga <b>Studio 1</b> <i>Steve</i> (60 min.)		
5:45 PM	Level 2 Yoga <i>Annie</i> 60 min.						
6:00 PM		Level 1 Yoga <i>Vickey</i> 60 min.		Iyengar Style Yoga <i>Tara</i> 60 min.			last summer class ↓ 6/28
6:30 PM							<del>Level 1 Yoga <i>Susan</i> 60 min.</del>
7:00 PM	Level 1 Yoga <i>Susan</i> 60 min.		Level 2 Yoga <i>Shiloh</i> 60 min.		<b>Red indicates substitute instructor</b>		