

# MAC 2009 FALL YOGA SCHEDULE

## Week of November 9 - 15

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Level 1 Yoga Cathy 55 min.			Level 1 Yoga Cathy 55 min.		
8:15 AM					Level 1 Yoga Deb 60 min.		
9:00 AM						Level 1 Yoga Tara S. 60 or 75 min.	
9:15 AM				↓ first class 11/5			Level 2 Yoga Vickey 75 min.
9:30 AM	Level 1-2 Yoga Carrie 60 or 75 min.		Level 2 Yoga Carrie 60 min.	Relax & Restore Yoga Tara S. (60 min)	Level 2 Yoga Cathy 75 min.		
10:30 AM						Level 2-3 Yoga Cathy 75 min.	
10:45 AM							Level 1 Yoga Yoga Studio 11/15 Sandy (60 min.)
11:30 AM	Gentle Yoga Diane 60 min.		Gentle Yoga Studio 1 Deb (60 min)				
4:15 PM		Level 2 Yoga Shiloh 60 min.		Level 2 Yoga Shelley 60 min.			
5:30 PM	Level 2 Yoga Annie 60 min.		Level 1 Yoga Rachelle 60 min.		Level 1 Yoga Studio 1 Deb (60 min.)		
6:00 PM		Level 1 Yoga Vickey 60 min.					
6:30 PM							Level 1 Yoga Susan 60 min.
7:00 PM	Level 1 Yoga Susan 60 min.		Level 2 Yoga Shiloh 60 min.				Red indicates substitute instructor