

MAC 2010 WINTER YOGA SCHEDULE

Week of February 1 - 7

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