

Monday		
9:00 - 10:30am	Vinyasa 1-3	Nicholas
10:30 - 12:00pm	Hatha 2	Sumanasa
4:30 - 6:00pm	Prenatal Yoga	* Uma
5:30 - 7:00pm	Vinyasa 1-3	* Lily
6:00 - 7:30pm	Hatha B - I	* Omkarnath
7:00 - 8:30pm	Hatha Flow 1-3	* Jessica
Tuesday		
9:00 - 10:30am	Morning Sadhana	* Sean F.
10:30 - 12:00pm	Hatha 2-3	Hrimati
12:00 - 1:30pm	Gentle Yoga	Ekabhumi
4:15 - 5:15pm	Kid's Yoga	Ekabhumi
4:30 - 6:00pm	Hatha 1-3	** Sean F.
5:30 - 7:00pm	Hatha B - I	Sumanasa
6:00 - 7:30pm	Hatha Flow 2-3	** Nicholas
7:30 - 9:00pm	Kundalini (All levels)	Hari Khalsa
Wednesday		
8:30 - 10:30am	Hatha 1-3	Kamesvari
10:30 - 12:00pm	Vinyasa 1-3 <i>(class begins Feb. 14)</i>	* Nicholas
5:30 - 7:00pm	Prenatal Meditation & Support	* Jessica
7:00 - 8:30pm	Hatha Flow 1-3	Jessica
7:00 - 9:00pm	Tantrik Philosophy & Ayurveda Immersion Night <i>(not all weeks - please check website for schedule)</i>	Various
Thursday		
9:00 - 10:30am	Hatha 1-2	* Sean Michael H.
10:30 - 12:00pm	Hatha 2-3	* Hrimati
12:00 - 1:30pm	Gentle Yoga	Ekabhumi
4:15 - 5:15pm	Kid's Yoga	Ekabhumi
4:30 - 6:00pm	Hatha 1-3	** Sean F.
5:30 - 7:00pm	Hatha B - I	* Sumanasa
6:00 - 7:30pm	Hatha Flow 2-3	** Nicholas
Friday		
9:00 - 10:30am	Vinyasa 1-3	* Nicholas
10:30 - 12:00pm	Hatha 2	Sumanasa
5:30 - 7:00pm	Vinyasa 1-3	* Lily
7pm - Open End Time	Yoga Sadhana	* Kamesvari
Saturday		
9:00 - 10:30am	Hatha Flow 2-3	** Lily
10:30 - 12:00pm	Hatha 1-3	** Hrimati
12:15-2pm	Prenatal Yoga	* Jessica
4:30 - 6:00pm	Hatha Flow 1-3	Jessica
Sunday		
9:00 - 10:30am	Hatha 1-3	Thomas
10:30 - 12:00pm	Vinyasa 2-3	Thomas
4:30 - 6:00pm	Hatha 1-3	Mahatma

\* Indicates New teacher, class or time    \*\* Subbing for David Moreno. David will return in April.