

# Sala Schedule

## TUESDAY

7:00 - 8:20 AM	Yoga: Level 1
9:30 - 10:50 AM	Yoga: All Levels
12:00 - 1:00 PM	Yoga: Levels 1 & 2
1:30 - 2:30 PM	Tai Chi
4:00 - 5:20 PM	Yoga: Community Class
6:30 - 7:50 PM	Yoga: All Levels

## WEDNESDAY

7:00 - 8:20 AM	Yoga: Levels 1 & 2
9:30 - 10:50 AM	Yoga: All Levels
12:00 - 1:00 PM	Yoga: All Levels
1:30 - 2:30 PM	Tai Chi
4:00 - 5:20 PM	Yoga: Community Class
6:30 - 7:50 PM	Yoga: (Midweek Restorative)

## THURSDAY

7:00 - 8:20 AM	Yoga: Level 1
9:30 - 10:50 AM	Yoga: All Levels
12:00 - 1:00 PM	Yoga: Levels 1 & 2
1:30 - 2:30 PM	Tai Chi
4:00 - 5:20 PM	Yoga: Community Class
6:30 - 7:50 PM	Yoga: All Levels

## FRIDAY

7:00 - 8:20 AM	Yoga: Levels 1 & 2
9:30 - 10:50 AM	Yoga: All Levels
12:00 - 1:00 PM	Yoga: All Levels
1:30 - 2:30 PM	Tai Chi
4:00 - 5:20 PM	Yoga: Community Class
6:30 - 7:50 PM	Yoga: Tao / End of Week Restorative

## SATURDAY

8:00 - 9:20 AM	Yoga: All Levels
10:00 - 11:20 AM	Yoga: Level 1
11:30 AM - 5:00 PM	Workshop
5:15 - 6:35 PM	Yoga: Community Class

## SUNDAY

8:00 - 9:20 AM	Yoga: Level 1
10:00 - 11:20 AM	Yoga: All Levels
11:30 AM - 4:00 PM	Workshop
4:30 - 5:50 PM	Yoga: Community Class

