

Yoga/Tai Chi Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9:15-10:10 AM Hatha Yoga Sandy•SA</p> <p>—</p> <p>6:30-7:25 PM Tai Chi Chuan Intermediate Steven•GH</p> <p>—</p> <p>7:30-8:25 PM Tai Chi Chuan Advanced Steven•GH</p> <p>—</p> <p>7:30-8:30 PM Hatha Yoga Joan•SA</p>	<p>7:00-7:55 AM Hatha Yoga Debra•SA</p> <p>—</p> <p>9:00-10:30 AM Vinyasa Yoga Susanne•GH</p> <p>—</p> <p>6:30-7:25 PM Tai Chi Chuan Beginner Steven•GH</p> <p>—</p> <p>7:30-8:25 PM Tai Chi Chuan Intermediate Steven•GH</p>	<p>6:00-6:55 AM Hatha Yoga Susanne•SA</p> <p>—</p> <p>9:30-10:30 AM Hatha Yoga Sandy•GB</p> <p>—</p> <p>7:45-8:45 PM Tai Chi Chuan Advanced Steven•SA</p>	<p>7:00-7:55 AM Vinyasa Yoga Susanne•SA</p> <p>—</p> <p>9:00-9:25 AM Beginner/Gentle Yoga Susanne•SA</p> <p>—</p> <p>1:00-2:00 PM Tai Chi Chuan Beginner Steven•SA</p> <p>—</p> <p>6:00-6:40 PM Pre & Post Natal/ Gentle Yoga Sandy•SB</p>	<p>6:00-6:55 AM Hatha Yoga Joan•SA</p> <p>—</p> <p>8:30-9:25 AM Hatha Yoga Sandy•SA</p>	<p>9:30-10:40 AM Hatha Yoga Sandy•SA</p> <p>—</p> <p>10:45-12:10 PM Tai Chi Chuan Beginner Steven•SA</p>	<p>10:30-11:25 AM Hatha Yoga Sara•SA</p> <p>—</p> <p>11:30-1:00 PM Tai Chi Chuan Intermediate/Advanced Steven•SA</p>
KEY: SA=STUDIO A MAIN BLDG SB=STUDIO B MAIN BLDG GB=GYM B GH=GABRIEL HOUSE*						
<i>GH - Gabriel House is located at the far end of the parking lot.</i>						