

# yogaLOFT march 2010 class schedule

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1 4:30-5:40 basics erica 6:00-7:00 beginners emma	2 10:00-11:00 gentle erica 12:00-1:00 basics debbie 5:30-6:40 flow erica	3 9:00-10:10 flow debbie 5:30-6:40 basics debbie/erica	4 10:00-11:00 gentle debbie 5:30-6:40 flow debbie	5	6 8:00-9:15 flow debbie 9:30-10:40 basics emma
7 4:30-5:30 mixed level emma	8 4:30-5:40 basics erica 6:00-7:00 beginners emma	9 10:00-11:00 gentle erica 12:00-1:00 basics debbie 5:30-6:40 flow erica	10 9:00-10:10 flow debbie 5:30-6:40 basics debbie	11 10:00-11:00 gentle debbie 5:30-6:40 flow debbie	12	13 8:00-9:15 flow emma 9:30-10:40 basics emma
14 4:30-5:30 restorative emma	15 4:30-5:40 basics debbie 6:00-7:00 beginners emma	16 10:00-11:00 gentle erica 12:00-1:00 basics debbie 5:30-6:40 flow erica	17 9:00-10:10 flow debbie 5:30-6:40 basics erica	18 10:00-11:00 gentle debbie 5:30-6:40 flow debbie	19 4:30-5:40 yin erica	20 8:00-9:15 flow debbie 9:30-10:40 basics debbie
21 4:30-5:30 mixed level teresa	22 4:30-5:40 basics erica 6:00-7:00 beginners emma	23 10:00-11:00 gentle erica 12:00-1:00 basics susan 5:30-6:40 flow erica	24 9:00-10:10 flow erica 5:30-6:40 basics erica	25 10:00-11:00 gentle susan 5:30-6:40 flow teresa	26	27 8:00-9:15 flow erica 9:30-10:40 basics erica
28 4:30-5:30 mixed level susan	29 4:30-5:40 basics erica 6:00-7:00 beginners emma	30 10:00-11:00 gentle erica 12:00-1:00 basics susan 5:30-6:40 flow erica	31 9:00-10:10 flow erica 5:30-6:40 basics erica			