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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15AM-9:15AM Morning express w/ Alice ☺	8:15AM-9:15AM Morning express w/ Regina	8:15AM-9:15AM Morning express w/ Lissa Larkin ☺	8:15AM-9:15AM Morning Express w/ Regina	8:15AM-9:15AM Morning express w/ Melissa ☺	8:15AM-9:15AM Morning express w/ Janet 🧒	8:15AM-9:15AM Morning Express w/ Kelly
9:30AM-10:45AM Coba flow w/ Regina 🧒	9:30AM-11:00AM Coba flow w/ Lili 🧒	9:30AM-11:00AM Jivamukti w/Jen J RSVP Required. 🧒	9:30AM-11:00AM Coba flow w/ Lili 🧒	9:30AM-11:00AM Coba flow w/ Lili 🧒	9:30AM-10:45AM Coba flow w/ Mike 🧒	9:30AM-10:45AM Basic Flow w/ Amanda ☺ 🧒
11:00AM-12:00PM Restorative w/ Lissa Larkin ☺		11:15AM-12:15PM Restorative w/ Lissa Larkin ☺	11:15AM-11:45PM Baby & me w/ Lili (6 weeks-1 yr)	11:00AM-12:00PM Gentle w/ Regina ☺	11:00AM-12:30 Coba flow w/ Lili 🧒 ☺	11:00AM-12:30 Coba flow w/ Lili ☺ 🧒
12:15PM-1:15 Lunch Express w/ Regina ☺ 🧒	12:15PM-1:15P M Lunch Express w/ Lili ☺ 🧒	12:15PM-1:15PM Lunch Express w/ Lili ☺ 🧒	12:15PM-1:15PM Lunch Express w/ Lili ☺ 🧒	12:15PM-1:15PM Prenatal friendly w/ Lili ☺ 🧒		
5:00-6:00PM Coba flow w/ Liz ☺	5:00-6:00PM Coba Flow Emily ☺ 🧒	5:00-6:00PM Slow flow/restore w/ Kim ☺	5:00-6:00PM Coba Flow w/ Marv 🧒	1:30PM-2:15PM Kids yoga 3-5 Miss Alice		
6:00PM-7:00PM Beginner yoga w/ Amanda F. ☺	6:00PM-7:00PM Coba flow <i>All levels</i> w/ Amanda F. 🧒	6:00PM-7:15PM Coba flow w/ Mike	6:00PM-7:10PM Beginner flow w/ Alice ☺ 🧒	5:00-6:00PM Coba Flow Emily	7:00PM- 8:30PM Yoga of recovery from substance abuse w/ Holly ☺ 🧒	
7:30PM- 8:45PM Coba flow w/ Alice	7:30PM- 8:45PM Coba flow w/ KELLY ☺	Kadampa Meditation 💖	7:30PM- 8:45PM Coba flow w/ Regina	Restorative Yoga. 6:00PM- 7:15PM w/ Holly		



= Child care



= Beginner friendly



= By Donation

Walk-ins welcome!