








































Coba Yoga Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00AM - 8:00AM Rise and Shine w/ Holly 			7:00AM - 8:00AM Rise and Shine w/ Mychael Mills 		
8:15AM - 9:15AM Morning Express Regina	8:15AM - 9:15AM Morning Express Regina	8:15AM - 9:15AM Morning Express Emily 	8:15AM - 9:15AM Morning Express Regina	8:15AM - 9:15AM Morning Express Melissa 	8:15AM - 9:15AM Morning Express Janet 	8:15AM - 9:15AM Morning Express Mychal/Regina 
9:30AM-10:45AM Coba Flow w/ Regina	9:30AM-10:45AM Coba Flow w/ Lili 	9:30AM-11:00AM Jivamukti w/ Jen Johnson 	9:30AM-10:45AM Coba Flow w/ Lili 	9:30AM-10:55AM Coba Flow w/ Lili 	9:30AM-10:45AM Coba Flow w/ Mike Rodriguez 	9:30AM-10:45AM Coba Flow w/ Amanda 
11:00AM- 12:00PM Gentle w/ Regina	11:00AM- 12:00PM Gentle w/ Lili 	11:15AM- 11:45PM Baby and me w/ Lili 	11:00AM-11:30AM Gentle w/ Lili 	11:15AM-12:15PM Gentle w/ Regina	11:00AM-12:00PM Coba Flow w/ Lili 	11:00AM- 12:15PM Coba Flow w/ Lili 
12:15PM-1:15PM Lunch Express  W/ Liz 	12:15PM-1:15PM 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 		
	2:30-3:15PM Music toguether Register w/ MT					
5:00PM-6:00PM Coba Flow Laura	5:00PM-6:00PM Coba Flow Regina	5:00PM-6:00PM Basic Flow Mychal 	5:00PM-6:00PM Coba Flow beg.friendly w/ Alice	5:00PM-6:00PM Coba Flow w/ Molly 		
6:15PM-7:15PM Beginner Yoga w/ Amanda 	6:15PM-7:15PM Coba Flow w/ Amanda 	6:15PM-7:15PM Coba Flow w/ Mike Rodriguez 	6:15PM-7:15PM Coba Flow w/ Regina	6:15PM-7:15PM Restorative w/ Molly 		
7:30PM-8:30PM Coba flow W/ Alice 	7:30PM-8:30PM Coba flow W/ Kim 	7:30PM-9:00PM Kadampa Meditation w/ chris	7:30PM-8:30PM Coba flow w/ Kim 			

-  Beginner friendly
-  Child care
-  By donation