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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM - 8:00AM Rise and Shine w/ Laura 	7:00AM - 8:00AM Rise and Shine w/ Holly 	7:00AM - 8:00AM Rise and Shine w/ Cheryl 	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 	8:15AM - 9:15AM Morning Express Mychal/Regina 
9:30AM-10:45AM Coba Flow 	9:30AM-10:45AM Coba Flow w/ Lili	9:30AM-11:00AM Jivamukti (RSVP)  w/ Jen Johnson	9:30AM-10:45AM Coba Flow  w/ Lili 	9:30AM-10:45AM 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 	11:00AM-12:00PM 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	4:00-5:00 Big Kids Yoga Ages 6-11 w. Mychal 				
5:00PM-6:00PM Coba Flow Kristen	5:00PM-6:00PM Coba Flow Regina 	5:00PM-6:00PM Basic Flow  Mychal 	5:00PM-6:00PM Coba Flow 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/ Alice 	6:15PM-7:15PM Restorative w/ Molly 		
7:30PM-8:45PM Coba flow W/ Alice 	7:30PM-8:45PM Coba flow W/ Kim 	7:30PM-9:00PM  Kadampa Meditation w/ chris	7:30PM-8:45PM Coba flow w/ Kim 		7:00PM-8:45PM  Recovery Yoga W/ Holly 	

-  Beginner friendly
-  Child care
-  By donation