




# Coba Yoga Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM - 8:00AM Rise and Shine w/ Adele	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 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 <b>Baby and me</b> 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 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			

-  Beginner friendly
-  Child care
-  By donation