

Yoga Sol

JULY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1	<p style="text-align: center; color: red;">classes in red are heated</p>			1	2	3
Level 1-2				6am-TRiX-Harvey		7am-8:15am-S2-Laura
Level 2-3				8:30am-S3-Wes	8:30am-C-Laura	8:30AM-S2-Laura
				12pm-S1-Tara	12pm-Yin-Grace	1030am-Core-Tara
				5pm-S2-Laura	5pm-Cancelled	
* BC- Boot Camp				6:45pm-S3-Tara	6:45pm-Cancelled	4pm: Cancelled
* YogaTRiX				8:30pm-BC-Harvey		
4th of July!!!!!!!	5	6	7	8	9	10
8:30AM-S1-Tara	6am-S2-Cancelled	6am-TRiX-Laura	6am-S2-Laura	6am-TRiX-Harvey		7am-8:15am-S2-Laura
1030am-S2-Tara	8:30am-S1:Monette	8:30am-S2-Wes	8:30am-S2- Laura	8:30am-S3-Wes	8:30am-C-CJ	8:30AM-S2-Laura
11:45:Cancelled	12pm-C- CJ	12pm-S2-CJ	12pm-S2- Grace	12pm-S1-Tara	12pm-Yin-Grace	1030am-Core-Tara
		345p-TRiX-Harvey		5pm-S2-Laura		
4pm-Cancelled	5pm-S2-Laura	5pm-S1-Laura	5pm-S3-Leah	6:45pm-S3-Tara	5pm-Yin-Grace	
	6:45pm-S1-Laura	6:45pm-S2-Michi	6:45-C-Wes	8:30pm-BC-Harvey	6:45pm-S1-Tara	4pm: Lori w/Tara
	8:30pm-BC-Harvey	8:30pm-Yin-Michi	8:30pmS2-Wes			
11	12	13	14	15	16	17
8:30AM-S1-Tara	6am-S2-Laura	6am-TRiX-Laura	6am-S2-Laura	6am-TRiX-Harvey		7am-8:15am-S2-Wes
1030am-S2-Tara	8:30am-S1:Monette	8:30am-S2-Wes	8:30am-S2- Laura	8:30am-S3-Wes	8:30am-C-CJ	8:30AM-S2-Tara
11:45:Y: Tara	12pm-C- CJ	12pm-S2-CJ	12pm-S2- Grace	12pm-S1-Tara	12pm-Yin-Grace	1030am-Core-Tara
		345p-TRiX-Harvey		5pm-S2-Laura	5pm-Yin-Grace	
4pm-S1:CJ	5pm-S2-Laura	5pm-S1-Laura	5pm-S3-Leah	6:45pm-S3-Tara	6:45pm-S1-Tara	
	6:45pm-S1-Laura	6:45pm-S2-Michi	6:45-C-Wes	8:30pm-BC-Harvey		4pm : Nicole w/Tara
	8:30pm-BC-Harvey	8:30pm-Yin-Michi	8:30pmS2-Wes			
18	19	20	21	22	23	24
8:30AM-S1-Tara	6am-S2-Laura	6am-TRiX-Laura	6am-S2-Laura	6am-TRiX-Harvey		7am-8:15am-S2-Laura
1030am-S2-Tara	8:30am-S1:Monette	8:30am-S2-Wes	8:30am-S2- Laura	8:30am-S3-Wes	8:30am-C-CJ	8:30AM-S2-Laura
11:45: Yin: Tara	12pm-C- CJ	12pm-S2-CJ	12pm-S2- Grace	12pm-S1-Tara	12pm-Yin-Grace	1030am-Core-Tara
		345p-TRiX-Harvey		5pm-S2-Laura	5pm-Yin-Grace	
4pm - S1: CJ	5pm-S2-Laura	5pm-S1-Laura	5pm-S3-Leah	6:45pm-S3-Tara	6:45pm-S1-Tara	
	6:45pm-S1-Laura	6:45pm-S2-Michi	6:45-C-Wes	8:30pm-BC-Harvey		4pm:Lori with Tara
	8:30pm-BC-Harvey	8:30pm-Yin-Michi	8:30pmS2-Wes			
25	26	27	28	29	30	31
8:30AM-S1-Laura	6am-S2-Laura	6am-TRiX-Laura	6am-S2-Laura	6am-TRiX-Harvey		7am-8:15am-S2-Laura
1030am-S2-Laura	8:30am-S1:Monette	8:30am-S2-Wes	8:30am-S2- Laura	8:30am-S3-Wes	8:30am-C-CJ	8:30AM-S2-Laura
11:45:Y: Laura	12pm-C- CJ	12pm-S2-CJ	12pm-S2- Grace	12pm-S1-Tara	12pm-Yin-Grace	1030am-Core-Tara
		345p-TRiX-Harvey		5pm-S2-Laura	5pm-Yin-Grace	
4pm-S1:CJ	5pm-S2-Laura	5pm-S1-Laura	5pm-S3-Leah	6:45pm-S3-Tara	6:45pm-S1-Tara	
	6:45pm-S1-Laura	6:45pm-S2-Michi	6:45-C-Wes	8:30pm-BC-Harvey		4pm:Nicole w/Tara
	8:30pm-BC-Harvey	8:30pm-Yin-Michi	8:30pmS2-Wes			