



FALL SCHEDULE

SEPTEMBER 2010

SUN	MON	TUE	WED	THU	FRI	SAT
			4:30 6:45 SADHANA			
7:00 8:15 SIMPLE STRENGTH Bobby	6:30 8:00 BODY ELIXIR Bobby	7:00 8:30 YIN Erin	7:00 8:30 SERENE FLOW Iryna	7:00 8:30 TBA	7:00 8:30 FOUNDATIONS MEDITATION Jennifer	8:00 9:30 SERENE FLOW Iryna
8:30 9:45 BODY ELIXIR Bobby	9:30 11:00 KUNDALINI Asha	9:30 11:00 KUNDALINI Donna	9:30 11:00 KUNDALINI Lindsay	9:30 11:00 KUNDALINI Petra	9:30 11:00 KUNDALINI Donna	10:00 11:30 KUNDALINI Marina
10:00 11:30 KARMA Rotation	12:00 1:15 TBA	12:00 1:15 DRAGONFLOW Meshe Sep 28	12:00 1:15 DRAGONFLOW Meshe Sep 28	12:00 1:15 TBA	12:00 1:15 TBA	
		1:15 4:15 PRIVATES Dharm	1:15 4:15 PRIVATES Dharm	1:15 4:15 PRIVATES Noaliata	1:15 4:15 PRIVATES Dharm	1:30 3:30 KULA
	4:30 5:45 TBA	4:30 5:45 SARASWATI FLOW Meshe Sep 28	4:30 5:45 SARASWATI FLOW Meshe Sep 28	4:30 5:45 TBA	4:30 5:45 TBA	4:30 6:00 RESTORATIVE TBA
	6:00 7:30 FOUNDATIONS KUNDALINI Donna	6:00 7:30 FOUNDATIONS POSTURE Bobby	6:00 7:30 KUNDALINI Ronnie	6:00 7:30 YIN Lindsay	6:00 9:00 KIRTAN DRUMMING MORE	
	7:45 9:00 TBA	7:45 9:00 TBA	7:45 9:00 YIN Erin	7:45 9:00 SIMPLE STRENGTH Bobby		