

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 10 am EST Sun Salutations	4 6:30-7:30 PM Flow	5 *10 am EST Sun Salutations 6-7 PM FLOW	6 6:30-7:30 PM Flow	7 10 am EST Sun Salutations	8 8:30 am FLOW FREE Chanting after
10 10 am EST Sun Salutations	11 6:30-7:30 PM Flow	12 10 am EST Sun Salutations 6-7 PM Flow	13 6:30-7:30 PM Flow	14 10 am EST Sun Salutations	15 8:30 am FLOW FREE Chanting after
17 10 am EST Sun Salutations	18 NO CLASS	19 NO CLASS	20 NO CLASS	21 NO CLASS	22 NO CLASS
24 10 am EST Sun Salutations	25 6:30-7:30 PM Flow	26 10 am EST Sun Salutations 6-7 PM Flow	27 6:30-7:30 PM Flow	28 10 am EST Sun Salutations	29 8:30 am FLOW FREE Chanting after