

December 2019... In the Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Yoga for Winter (P) 2-3:30 PM Nia (Db) 12-1:15 PM		Men's Yoga (B) 6:30-7:30 PM	Tribal Bellydance 1 (S) 7-8:15 PM Tribal Bellydance 2 (S) 8:15-9 PM	Yoga for Athletes (B) 6:30-7:30 AM Yoga--Healthy Spine (D) 8:30-9:30 AM Lunchtime Yoga (P) 12-1 PM Yoga for Cancer (P) 4:30-5:30 PM Monthly Yoga Nidra (St) 5:45-6:45 PM Monthly Yoga Dance (St) 7-8:15 PM	Foundational Yoga (R) 8:30-10 AM	
8	9	10	11	12	13	14
		Men's Yoga (B) 6:30-7:30 PM	Tribal Bellydance 1 (S) 7-8:15 PM Tribal Bellydance 2 (S) 8:15-9 PM	Yoga for Athletes (B) 6:30-7:30 AM Yoga--Healthy Spine (D) 8:30-9:30 AM Yoga for Cancer (P) 4:30-5:30 PM		
15	16	17	18	19	20	21
Nia (Db) 12-1:15 PM		Men's Yoga (B) 6:30-7:30 PM	Yoga (D) 5:30-6:30 PM Tribal Bellydance 1 (S) 7-8:15 PM Tribal Bellydance 2 (S) 8:15-9 PM	Yoga for Athletes (B) 6:30-7:30 AM Yoga--Healthy Spine (D) 8:30-9:30 AM Lunchtime Yoga (P) 12-1 PM Yoga for Cancer (P) 4:30-5:30 PM	Foundational Yoga (R) 8:30-10 AM	Sun Salutations for the Winter Solstice (St) 9:30-11 AM
22	23	24	25	26	27	28
Monthly Yoga (P) 9:30-10:45 AM		Candlelight Christmas Eve Yoga (B) 6:30-7:30 PM		Yoga for Athletes (B) 6:30-7:30 AM Lunchtime Yoga (P) 12-1 PM Yoga for Cancer (P) 4:30-5:30 PM		
29	30	31				
		Men's Yoga (B) 6:30-7:30 PM		Dance Teacher Key D--Darby S--Shelby St--Stephanie	Yoga Teacher Key B--Brian D--Darci P--Paula R--Rachel St--Stephanie	