

# January

# 2019...

# In the Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Dance Teacher Key D--Darby E--Erika S--Shelby St--Stephanie	Yoga Teacher Key B--Brian D--Darci P--Paula R--Rachel St--Stephanie			Yoga for Athletes (B) 6:30-7:30 AM Lunchtime Yoga (P) 12-1 PM Yoga for Cancer (P) 4:30-5:30 PM	Foundational Yoga (R) 8:30-10 AM	
5	6	7	8	9	10	11
Modern Dance (E) 9:30-10:45 AM Yoga for Winter (P) 2-3:30 PM 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 Monthly Yoga Nidra (St) 5:45-6:45 PM Monthly Yoga Dance (St) 7-8:15 PM	Foundational Yoga (R) 8:30-10 AM	Yoga Workshop: Yin Yoga & Yoga Nidra (S) 9:30-11:30 AM
12	13	14	15	16	17	18
Modern Dance (E) 9:30-10:45 AM 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	
19	20	21	22	23	24	25
Modern Dance (E) 9:30-10:45 AM 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)	Foundational Yoga (R) 8:30-10 AM Women's Dance Circle 7-8:15 PM	
26	27	28	29	30	31	
Monthly Yoga (P) 9:30-10:45 AM 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 Lunchtime Yoga (P) 12-1 PM Yoga for Cancer (P) 4:30-5:30 PM	Foundational Yoga (R) 8:30-10 AM	