

**SUMMER 2010****Jun 1- Oct 2**

<b>Day</b>	<b>Time</b>	<b>Class type</b>	<b>Teacher</b>
Sun	9:00-10:15am	Power Flow	Nick/Alysse
Sun	6:00-7:15pm	All Levels	Kirstii
Mon	6:00-7:15am	All Levels	Nikki (NEW)
Mon	9:30-10:45am	Power Flow	Rebecca
Mon	12:00-1:00pm	Community Yoga \$5	Various (NEW)
Mon	6:00-7:15pm	Beginners	Tracey/Jennifer
Mon	6:00 7:15pm	Power	Toby
Mon	7:30 - 8:45pm	All Levels	Dawn
Tue	6:00-7:15am	Ashtanga	Rebecca
Tue	9:30-10:45am	All Levels	Dawn
Tue	6:00-7:15pm	Prenatal	Tracey/Jennifer
Tue	7:30-8:45pm	All Levels	Nick
Wed	6:00-7:15am	Yin Yoga	Tracey (NEW)
Wed	9:30-10:45am	All Levels	Steven (NEW)
Wed	4:30-5:45pm	All Levels	Rebecca (NEW)
Wed	6:00-7:15pm	All Levels	Matthew (NEW)
Wed	6:00-7:15pm	Power	Anne
Wed	7:30-8:00pm	Meditation (Free)	Various (NEW)
Thu	6:00-7:15am	Ashtanga	Rebecca
Thu	9:30-10:45am	All Levels	Sarajeon (NEW)
Thu	5:30-6:45pm	Power	Sarajeon
Thu	6:00-7:15pm	All Levels	Jude
Thu	7:30-8:45pm	Gentle Stretch	Jude (NEW)
Fri	6:00-7:15am	All Levels	Nikki (NEW)
Fri	9:30-10:45am	All Levels	Lisa (NEW)
Fri	5:45-6:45pm	ZUMBA	Jessie
Sat	7:15-8:45am	Power	Anne
Sat	9:00-10:15am	Beginners	Anne
Sat	9:00-10:15am	All Levels	Dawn
Sat	10:30-11:45am	All Levels	Dawn

***schedule subject to change please visit [samadhiyogastudio.com](http://samadhiyogastudio.com)***



Day	Time	Class Type	Teacher
Sun	4:30-5:30pm	Community Yoga \$5	Various <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>
Sun	6:00-7:15pm	All Levels	Jessica
Mon	6:00-7:15pm	All Levels	Steven <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>
Tue	6:00-7:30pm	Power Chill	Alysse
Wed	6:00-7:15pm	Power	Natalie <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>
Wed	7:30-8:45pm	Gentle Stretch	Natalie
Thu	6:00-7:00pm	ZUMBA	Jessie <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>
Thu	7:30-8:45pm	Beginners	Martha <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>
Fri	5:30-6:45pm	Power	Nick/Alysse
Sat	8:30-10:00am	Power	Matthew
Sat	10:30-11:45am	All Levels	Laurie <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>

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