



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 am		7-8 am Hatha Yoga Rise and Shine <i>Aricha</i>		7-8 am Hatha Yoga Rise and Shine <i>Aricha</i>			
8							
9	9 - 10:15 am Hatha Yoga <i>J. Perry</i>		9 - 10:15 am Hatha Yoga <i>J. Perry</i>		9 - 10:15 am Hatha Yoga <i>J. Perry</i>	9 - 10:15 am Hatha Yoga <i>S. Hazelett</i>	
10		10 - 11 am Yoga with Tim		10 - 11 am Yoga with Tim			
11						11 - 1:30 pm Samba Ja'	11:30 - 12:30 pm Useful Yoga ashtanga/kundalini <i>Brandon Fox</i>
12	12 - 1 pm Hatha Flow <i>Elle</i>	12 - 1 pm Hatha Flow <i>Elle</i>	12 - 1 pm Hatha Flow <i>Elle</i>	12 - 1 pm Hatha Flow <i>Elle</i>	12 - 1 pm Hatha Flow <i>Lada</i>		1 - 2 pm Unleash the Beast
1pm							2 - 3 pm Sun Moo Do <i>Nathan</i>
2						2 - 3:30 pm Capoeira Kids	
3		4:15 - 5 pm Adaptive		4:15 - 5 pm Adaptive		3 - 5 pm Capoeira Adults <i>C. M. Dilaho</i>	
4	4 - 5 pm Family Tae Kwon Do <i>T. Greathouse</i>	Tae Kwon Do and Yoga <i>T. Greathouse</i> Call ahead	4 - 5 pm Family Tae Kwon Do <i>T. Greathouse</i>	Tae Kwon Do and Yoga <i>T. Greathouse</i> Call ahead	4 - 5 pm Kids Open Floor		
5	5:15 - 6:30 pm Kids Tae Kwon Do <i>T. Greathouse</i>	5:30 - 6:45 pm Hatha Yoga <i>J. Perry</i>	5:15 - 6:30 pm Kids Tae Kwon Do <i>T. Greathouse</i>	5:30 - 6:45 pm Hatha Yoga <i>J. Perry</i>	5 - 7 pm Open Floor/ Mastery Class		5:30 - 6:45 pm Hatha Yoga <i>J. Perry</i>
6	6:45 - 8 pm Adult Tae Kwon Do <i>T. Greathouse</i>	7 - 8:30 pm 7 Star Praying Mantis Kung Fu <i>T. Angolia</i>	6:45 - 8 pm Adult Tae Kwon Do <i>T. Greathouse</i>	7 - 8:30 pm 7 Star Praying Mantis Kung Fu <i>T. Angolia</i>	7 - 8 pm • Poi Class Hoops/Poi/Staff <i>Audralina</i>	Special Events Call to schedule	
7	8:30 - 10 pm Samba Ja'	8:45 - 10 pm Capoeira <i>C. Mestre Dilaho</i>	8:30 - 10 pm Sun Moo Do <i>Nathan Branning</i>				
8							
9							