

Living Yoga Schedule February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Hot Hatha 90 Minutes Hot Hatha 60 Minutes	Hot Hatha 75 Minutes HH Music 75 Minutes		1 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90	2 6:30 AM HH Music 75 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	3 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90	4 7:30 Yin 60 9:00 AM Hot Hatha 90 11:00 AM Hot Hatha 60
5 9:00 AM Hot Hatha 90 11:00AM Hot Hatha 60 12:15 PM Advanced 75 2:00 Spine Wrkshop 4:00 PM Hot Hatha 90	6 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90 6:30 PM Pilates 60	7 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	8 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90	9 6:30 AM HH Music 75 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	10 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90	11 7:30 AM Yin 60 9:00 AM Hot Hatha 90 11:00 AM Hot Hatha 60
12 9:00 AM Hot Hatha 90 11:00AM Hot Hatha 60 1:30 Thai Msge Wksp 4:00 PM Hot Hatha 90	13 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90 6:30 PM Pilates 60	14 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	15 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90	16 6:30 AM HH Music 75 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	17 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90	18 7:30 AM Yin 60 9:00 AM Hot Hatha 90 11:00 AM Hot Hatha 60
19 9:00 AM Hot Hatha 90 11:00AM Hot Hatha 60 12:15 PM Advanced 75 4:00 PM Hot Hatha 90	20 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90 6:30 PM Pilates 60	21 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	22 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90	23 6:30 AM HH Music 75 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	24 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90	25 7:30 AM Yin 60 9:00 AM Hot Hatha 90 11:00 AM Hot Hatha 60
26 9:00 AM Hot Hatha 90 11:00AM Hot Hatha 60 2:00 Spine Wrkshop 4:00 PM Hot Hatha 90	27 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90 6:30 PM Pilates 60	28 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 75 5:30 PM Hot Hatha 90 7:30 PM Hot Hatha 60	29 6:30 AM Hot Hatha 60 9:30 AM Hot Hatha 90 12:00 PM Hot Hatha 60 4:30 PM Hot Hatha 90 6:30 PM Hot Hatha 90	Advanced 75 Minutes Workshop/ Seminar	Pilates 60 Minutes Yin 60 Minutes	