



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:30-10:30a Flow Yoga 5:35-6:35p Yoga Basics <i>6:45-8:15p Nurturing Prenatal Yoga</i>	3	4 5:45-6:45p Yoga Basics 6-7:30p Intro to APO E Gene Diet	5 6:45-7:45pm Flow Yoga 7-8:30p Buddhist Meditation Group	6	7 9:30-10:30a Yoga Basics
8 3:15-4:45p Yoga, Baby and Mommy Class	9 9:30-10:30a Flow Yoga 5:35-6:35p Yoga Basics <i>6:45-8:15p Nurturing Prenatal Yoga</i>	10	11 5:45-6:45p Yoga Basics	12 6:45-7:45pm Flow Yoga 7-8:30p Buddhist Meditation Group	13	14 9:30-10:30a Yoga Basics
15 3:15-4:45p Yoga, Baby and Mommy Class	16 9:30-10:30a Flow Yoga 5:35-6:35p Yoga Basics <i>6:45-8:15p Nurturing Prenatal Yoga</i>	17	18 5:45-6:45p Yoga Basics	19 6:45-7:45pm Flow Yoga 7-8:30p Buddhist Meditation Group	20 7:30-9:30p <i>Chanting—Songs of the Spirit with Jeffrey Faus</i>	21 9:30-10:30a Yoga Basics
22 3:15-4:45p Yoga, Baby and Mommy Class	23 9:30-10:30a Flow Yoga 5:35-6:35p Yoga Basics <i>6:45-8:15p Nurturing Prenatal Yoga</i>	24	25 5:45-6:45p Yoga Basics	26 6:45-7:45pm Flow Yoga 7-8:30p Buddhist Meditation Group	27	28 9:30-10:30a Yoga Basics
29 3:15-4:45p Yoga, Baby and Mommy Class	30 9:30-10:30a Flow Yoga 5:35-6:35p Yoga Basics <i>6:45-8:15p Nurturing Prenatal Yoga</i>	31				

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