



502 Sheridan Road, Highwood, IL T 847-266-1600

Class Schedule – August 2010

	Instructor	Class	Notes
Monday			
9:30 am – 10:45 am	Gayl	Flow	
11:00 am – 12:30 pm	Page	Niyama Hot™	
1:00 pm – 2:30 pm	Aharona	Ashtanga Primary Series	
5:45 pm – 6:45 pm	Susan	Mens Basic – Hot Flow	
7:00 pm – 8:15 pm	Jenny	Flow	
Tuesday			
9:30 am – 11:00 am	Stephanie	Niyama Hot™	
11:15 am – 12:30 pm	Kathy	Flow	
4:15 pm – 5:45 pm	Andrew	Hot Flow	
7:00 pm – 8:30 pm	Kristin	Niyama Hot™	
Wednesday			
8:45 am – 10:00 am	Kathy	Hot Flow	
11:15 am – 12:15 pm	Lani	Core Power Yoga	
6:30 pm – 7:30 pm	Moksha Teacher Trainees	FREE Yoga Basics	Begins 8/11
Thursday			
8:15 am – 9:15 am	Kathy	Yoga Basics	
9:30 am – 11:00 am	Stephanie	Niyama Hot™	
11:15 am – 12:30 pm	Kathy	Flow	
7:00 pm – 8:15 pm	August Special	Rotating Teachers	\$10/Class
Friday			
9:30 am – 11:00 am	Kristin	Niyama Hot™	
1:00 pm - 2:15 pm	Jenny	Hot Flow Level 2/3	
6:00 pm - 7:15 pm	Nicole	Flow	
Saturday			
9:00 am – 10:30 am	Kristin / Susan	Niyama Hot™	
Sunday			
8:00 am – 9:30 am	Megan	Niyama Hot™	
10:00 am – 11:15 am	Kristin	Flow	
4:15 pm – 5:30 pm	Jenny / Nicole	Hot Flow	

Yoga For A Cause – 1st Friday of every month. Rotating Instructors & Classes. \$10/class with proceeds going to Charity