



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

Class Schedule – January 2012

	Instructor	Class	Notes
Monday			
9:30 am – 10:45 am	Lani	Flow	
11:15 am – 12:30 pm	Eileen	Hot Flow	
7:00 pm – 8:15 pm	Frances	Flow	
Tuesday			
8:00 am – 9:15 am	Frances	Power Flow	
9:30 am – 10:45 am	Jessica S.	Flow Level 2	
11:15 am – 12:45 pm	Tracy	Niyama Hot™	
1:00 pm - 2:15 pm	Amanda	Stretchy & Gentle	
4:15 pm – 5:45 pm	Andrew	Flow-tation	
7:00 pm – 8:30 pm	Kristin	Niyama Hot™	
Wednesday			
8:00 am – 9:15 am	Frances	Hot	
9:30 am – 10:45 am	Heather	Flow	
11:00 am – 12:00 pm	Janet	Basics	
7:00 pm – 8:15 pm	Eileen	Flow	
Thursday			
8:00 am – 9:15 am	Amanda	Yoga Basics / Flow level 1	
9:30 am – 11:00 am	Stephanie	Niyama Hot™	
11:15 am – 12:30 pm	Kristin	Flow	
1:00 pm - 2:15 pm	Amanda	Stretchy & Gentle	
4:00pm – 5:00pm	Janet & Jessica	Girl Power Tween (8-11 yrs)	
5:00pm – 6:00pm	Janet & Jessica	Girl Power Teen (12-15 yrs)	
7:00 pm – 8:30 pm	Andrew	Flow-tation	
Friday			
9:30 am – 10:45 am	Carole	Lot'sya Vinyasa	
11:15 am - 12:30 pm	Nicole	Flow Level 3	
1:00 pm - 2:15 pm	Janet	Yoga Basics / Flow level 1	
6:00 pm - 7:15 pm	Brooke & Pam	Flow	
Saturday			
9:00 am – 10:15 am	Kristin	Warm Flow	
10:30 am – 12:00 pm	Kristin	Niyama Hot™	
2:15 pm – 3:15 pm	Amanda	Yoga Basics	
3:30 pm – 4:45 pm	Kathy	Flow	
Sunday			
8:00 am – 9:15 am	Brooke	Warm Flow	
10:00 am – 11:30 am	Kristin	Niyama Hot™	
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