



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

### Class Schedule – September 2010

	Instructor	Class	Notes
<b>Monday</b>			
9:30 am – 10:45 am	Gayl	Flow	
11:00 am – 12:30 pm	Susan	Niyama Hot™	
1:00 pm – 2:15 pm	Lani	Core Power	
4:45 pm – 5:35 pm	Nicole	Teen/Tween Yoga	
5:45 pm – 6:45 pm	Nicole	Mens Basic – Hot Flow	
7:00 pm – 8:15 pm	Jenny	Flow	
<b>Tuesday</b>			
9:30 am – 11:00 am	Stephanie	Niyama Hot™	
11:15 am – 12:30 pm	Kathy	Flow	
1:00 pm - 2:15 pm	Fran	Core Power	
4:15 pm – 5:45 pm	Andrew	Hot Flow	
7:00 pm – 8:30 pm	Kristin	Niyama Hot™	
<b>Wednesday</b>			
8:45 am – 10:00 am	Kathy	Hot Flow	
10:00 am – 3:00pm		Moksha Teacher Training	
7:00 pm – 8:15 pm	Susan / Heather	Flow	
<b>Thursday</b>			
8:15 am – 9:15 am	Kathy	Yoga Basics	
9:30 am – 10:45 am	Stephanie	Core Power	
11:15 am – 12:30 pm	Kathy	Flow	
1:00 pm - 2:15 pm	Deb	Hot Slow Flow	
7:00 pm – 8:30 pm	Amy	Niyama Hot™	
<b>Friday</b>			
9:30 am – 11:00 am	Kristin	Niyama Hot™	
1:00 pm - 2:15 pm	Jenny	Hot Flow	
6:00 pm - 7:15 pm	Nicole	Flow	
<b>Saturday</b>			
9:00 am – 10:30 am	Kristin / Susan	Niyama Hot™	
<b>Sunday</b>			
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 – 1<sup>st</sup> Friday of every month. Rotating Instructors & Classes. \$10/class with proceeds going to Charity