

Namaste Yoga Center effective Jan 16, 2010

Class cards issued by Jan 15 will be good at Namaste Yoga Center, Integral Yoga, Life In Motion Center, and BodyStrength Fitness.

New Class Class Cards will be issued beginning Jan 16 for the “new”Namaste II.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:30 Hatha II Integral		9:15-10:45 Vinyasa Jose	9:15-10:45 Hatha Meg	9:15-10:20 Pilates Julia	9:30-11:00 Hatha Jose	8:55-10:00 Pilates Julia
	10:11:30 Hatha I Integral	11:30-12:40 Pilates Jon		10:25-11:55 Energy Yoga Elizabeth	11:15-12:45 Hatha I Integral	10:05-11:30 Hatha I Integral
<i>12:00-1:30</i> <i>TBA</i>				12:00-1:30 Hatha I Integral	1:00-2:30 Vinyasa Jose	11:45-1:15 Energy Yoga Sanctuary Elizabeth
<i>3:15-4:15</i> <i>Namaste</i> <i>Kids TBA</i>	<i>3:15-4:15</i> <i>Namaste</i> <i>Kids TBA</i>	<i>3:15-4:15</i> <i>Namaste</i> <i>Kids TBA</i>	<i>3:15-4:15</i> <i>Namaste</i> <i>Kids TBA</i>		3:00-4:30 Gentle Integral	1:30-3:00 Hatha Jose
	4:30-6:00 Vinyasa Meg	4:30-5:45 Vinyasa Jose	4:15-5:45 Hatha I-II Integral	4:00-5:30 Hatha I Integral	4:45-6:15 TBA	3:15-4:45 Vinyasa Jose
6:00-7:30 Hatha I Integral	6:15-7:30 Hatha Meg	6:00-7:30 Hatha I Integral	6:00-7:30 Hatha Kripalu style Priti Robyn Ross	<i>6:00-7:30</i> <i>TBA</i>		5:00-6:30 Hatha I - II Integral
7:40-9:10 Vinyasa Jose	7:40-9:10 Hatha I-II Integral	7:40-9:10 Vinyasa Jose	7:40-9:10 Special Workshops Elizabeth			7:00-9:00 Kirtan Integral TBA