

Yoga Synthesis Holiday Schedule

Monday, December 22nd - Sunday, January 2, 2011

- If a class is not noted below, it has been canceled during the "holiday schedule" time period -
- Classes are 90 minutes long unless otherwise noted -

*Substitute Teacher
 **Added Holiday Schedule Class

Monday, December 20th

7:00 am	Mysore Ashtanga	Justin*
9:00 am	Vinyasa (Level 2-3)	Kelly
9:30-10:30 am	Basic (Level 1)	Jennifer
10:45 am	Gentle/Restorative	Kelly
10:45-11:45 am	Basic (Level 1)	Jennifer
3:45-5 pm	Teen Yoga (Ages 12-18)	Judy
5:45 pm	Flow (Level 1-2)	Lisa*

Tuesday, December 21st

7:00 am	Mysore Ashtanga	Open Practice*
9:15 am	Vinyasa (Level 2)	Justin*
9:30-10:30 am	Flow (Level 1-2)	Jennifer
4:00-5:00 pm	Kids' Yoga (Ages 7-11)	Judy
5:45 pm	Basic (Level 1)	Jennifer
5:45 pm	Guided Ashtanga	Kelly*
7:35-8:35 pm	Basic (Level 1)	Jennifer
7:35 pm	Vinyasa (Level 2)	Amy

Wednesday, December 22nd

7:00 am	Mysore Ashtanga	Justin*
9:00 am	All Levels	Justin
9:30-10:30 am	Basic (Level 1)	Jennifer
10:45 am	Gentle/Restorative	Lisa
6:00 pm	Vinyasa (Level 2)	Judy*
6:15 pm	Flow (Level 1-2)	Jennifer
8:00-9:00 pm	Basic (Level 1)	Jennifer

Thursday, December 23rd

7:00 am	Mysore Ashtanga	Open Practice*
9:15 am	Vinyasa (Level 2)	Justin*
9:30 am	Basic (Level 1)	Jennifer
5:45 pm	Basic (Level 1)	Jennifer
5:45 pm	Guided Ashtanga	Kelly

Friday, December 24th

7:00 am	Mysore Ashtanga	Justin*
9:00 am	All Levels Flow	Kelly**
10:45 am	Gentle/Restorative	Kelly**

Saturday, December 25th

Studio Closed.

Sunday, December 26th

9:00 am	Flow (Level 1-2)	Kelly
9:35 am	Vinyasa (Level 2)	Raji
10:45 am	Basic (Level 1)	Jennifer

Monday, December 27th

7:00 am	Mysore Ashtanga	Justin*
9:00 am	Vinyasa (Level 2-3)	Kelly
9:30-10:30 am	Basic (Level 1)	Jennifer
10:45 am	Gentle/Restorative	Kelly
6:00 pm	Vinyasa (Level 2)	Justin*

Tuesday, December 28th

9:15 am	Vinyasa (Level 2)	Raji
9:30-10:30 am	Flow (Level 1-2)	Jennifer
5:45 pm	Basic (Level 1)	Jennifer
5:45 pm	Guided Ashtanga	Raji
7:35-8:35 pm	Basic (Level 1)	Jennifer
7:35 pm	Vinyasa (Level 2)	Amy

Wednesday, December 29th

7:00 am	Mysore Ashtanga	Justin*
9:00 am	All Levels	Justin
9:30-10:30 am	Basic (Level 1)	Jennifer
10:45 am	Gentle/Restorative	Lisa
6:00 pm	Vinyasa (Level 2)	Raji
6:15 pm	Flow (Level 1-2)	Jennifer
8:00-9:00 pm	Basic (Level 1)	Jennifer

Thursday, December 30th

9:15 am	Vinyasa (Level 2)	Justin*
9:30 am	Basic (Level 1)	Jennifer
5:45 pm	Basic (Level 1)	Jennifer
5:45 pm	Guided Ashtanga	Kelly
7:35-8:35 pm	Basic (Level 1)	Jennifer
7:35 pm	Gentle/Restorative	Lisa

Friday, December 31st

8:45-10:00 am	Kundalini for All	Tara Farley**
10:15 am	All Levels Flow	Kelly**

Saturday, January 1st

Welcome 2011!!!

9:30 am	All Levels Flow	Raji
4:30 pm	Vinyasa (Level 2)	Beth Ann

Sunday, January 2nd

7:00 am	Mysore Ashtanga	Raji
8:15-9:15 am	Basic (Level 1)	Jennifer
9:00 am	Flow (Level 1-2)	Kelly
9:35 am	Vinyasa (Level 2)	Raji
10:45 am	Basic (Level 1)	Jennifer

The Yoga Synthesis holiday schedule can also be found on our website under the *Schedule Updates and Announcements* section.



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→ Please turn over