

FEBRUARY.15.10- MARCH.28.10 (6-Week Session)

SHAMATHA ~ (203) 968-YOGA (9642) ~ SHAMATHA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
February 15 7:00am** (SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(ASHTANGA/Mysore) 7:30pm (1B)	16 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	17 9:30am (1A) 11:30am (1B) 5:30pm**(PRE-NATAL) 7:30pm (1B)	18 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	19 7:00am**(SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(Multi)	20 Open for Workshops ***** TBA	21 9:00am (VINYASA)
22 7:00am** (SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(ASHTANGA/Mysore) 7:30pm (1B)	23 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	24 9:30am (1A) 11:30am (1B) 5:30pm**(PRE-NATAL) 7:30pm (1B)	25 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	26 7:00am**(SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(Multi)	27 Open for Workshops ***** TBA	28 9:00am (VINYASA)
March 1 7:00am** (SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(ASHTANGA/Mysore) 7:30pm (1B)	2 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	3 9:30am (1A) 11:30am (1B) 5:30pm**(PRE-NATAL) 7:30pm (1B)	4 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	5 7:00am**(SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(Multi)	6 Open for Workshops ***** TBA	7 9:00am (VINYASA)
8 7:00am** (SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(ASHTANGA/Mysore) 7:30pm (1B)	9 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	10 9:30am (1A) 11:30am (1B) 5:30pm**(PRE-NATAL) 7:30pm (1B)	11 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	12 7:00am**(SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(Multi)	13 Open for Workshops ***** TBA	14 9:00am (VINYASA)
15 7:00am** (SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(ASHTANGA/Mysore) 7:30pm (1B)	16 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	17 9:30am (1A) 11:30am (1B) 5:30pm**(PRE-NATAL) 7:30pm (1B)	18 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	19 7:00am**(SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(Multi)	20 Open for Workshops ***** TBA	21 9:00am (VINYASA)
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**Must Pre-Register - *1A/1B = Beginner 1&2 - *2A/2B = Intermediate - *3A/3B = Advanced - *Multi, Vinyasa, Power = Open (All Levels)