

# AUGUST.02.10 - SEPTEMBER.19.10 (6-Week Session)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>August 2</b> 7:00am** (SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm(ASHTANGA/Mysore) 7:30pm (1B)	<b>3</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>4</b> 9:30am (1A) 11:30am (1B) 5:30pm**(PRE-NATAL) 7:30pm (1B)	<b>5</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>6</b> 7:00am**(SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(Multi)	<b>7</b> Open for Workshops ***** TBA	<b>8</b> 9:00am (VINYASA)
<b>9</b> 7:00am** (SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm(ASHTANGA/Mysore) 7:30pm (1B)	<b>10</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>11</b> 9:30am (1A) 11:30am (1B) 5:30pm**(PRE-NATAL) 7:30pm (1B)	<b>12</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>13</b> 7:00am**(SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(Multi)	<b>14</b> Open for Workshops ***** TBA	<b>15</b> 9:00am (VINYASA)
<b>16</b> 7:00am** (SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm(ASHTANGA/Mysore) 7:30pm (1B)	<b>17</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>18</b> 9:30am (1A) 11:30am (1B) 5:30pm**(PRE-NATAL) 7:30pm (1B)	<b>19</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>20</b> 7:00am**(SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(Multi)	<b>21</b> Open for Workshops ***** TBA	<b>22</b>
<b>23</b> 7:00am** (SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm(ASHTANGA/Mysore) 7:30pm (1B)	<b>24</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>25</b> 9:30am (1A) 11:30am (1B) 5:30pm**(PRE-NATAL) 7:30pm (1B)	<b>26</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>27</b> 7:00am**(SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(Multi)	<b>28</b> Open for Workshops ***** TBA	<b>29</b> *****
<b>30</b> *****	<b>31</b> CLOSED	<b>September 1</b> FOR	<b>2</b> SUMMER	<b>3</b> BREAK	<b>4</b> *****	<b>5</b> *****
<b>6</b> LABOR DAY HOLIDAY ***** CLOSED	<b>7</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>8</b> 9:30am (1A) 11:30am (1B) 5:30pm**(PRE-NATAL) 7:30pm (1B)	<b>9</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>10</b> 7:00am**(SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(Multi)	<b>11</b> Open for Workshops ***** TBA	<b>12</b> 9:00am (VINYASA)
<b>13</b> 7:00am** (SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm(ASHTANGA/Mysore) 7:30pm (1B)	<b>14</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>15</b> 9:30am (1A) 11:30am (1B) 5:30pm**(PRE-NATAL) 7:30pm (1B)	<b>16</b> 11:30am (INTER.) 5:30pm (1A) 7:30pm (INTER.)	<b>17</b> 7:00am**(SUNRISE) 9:30am (1A) 11:30am (1B) 5:30pm**(Multi)	<b>18</b> Open for Workshops ***** TBA	<b>19</b> 9:00am (POWER)

\*\*Must Pre-Register - \*1A/1B = Beginner 1&2 - \*2A/2B = Intermediate - \*3A/3B = Advanced - \*Multi, Vinyasa, Power = Open (All Levels)