

Cedar and Fir Studio: February 2010

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 4-6p Contact Improv Jam	1 11:30a-12:45p Vinyasa Yoga 6:00-7:30 p Soul's Dance	2 10:00-11:00a Gentle Yoga 12:00-1:00p Pilates 5:30-6:45p Flow Yoga	3 5:30-6:45p Hatha Yoga	4 10:00-11:00a Gentle Yoga 12:00-1:00p Pilates 4:00-5:00p Teens (free) 5:30-6:45p Flow Yoga	5 9:00-10:30a Tapas Yoga	6 9:00-10:15a Continuing Yoga
7 4-6p Contact Improv Jam	8 11:30a-12:45p Vinyasa Yoga 4:45-5:45p Men's Yoga 6:00-7:30 p Soul's Dance	9 10:00-11:00a Gentle Yoga 12:00-1:00p Pilates 5:30-6:45p Flow Yoga	10 5:30-6:45p Hatha Yoga	11 10:00-11:00a Gentle Yoga 12:00-1:00p Pilates 4:00-5:00 Teen Yoga (free) 5:30-6:45p Flow Yoga	12 9:00-10:30a Tapas Yoga	13 9:00-10:15a Continuing Yoga
14 4-6p Contact Improv Jam	15 11:30a-12:45p Vinyasa Yoga 4:45-5:45p Men's Yoga 6:00-7:30 p Soul's Dance	16 10:00-11:00a Gentle Yoga 12:00-1:00p Pilates 5:30-6:45p Flow Yoga(17 5:30-6:45p Hatha Yoga	18 10:00-11:00a Gentle Yoga 12:00-1:00p Pilates 4:00-5:00 Teen Yoga (free) 5:30-6:45p Flow Yoga	19 9:00-10:30a Tapas Yoga	20 9:00-10:15a Continuing Yoga
21 4-6p Contact Improv Jam	22 11:30a-12:45p Vinyasa Yoga 4:45-5:45p Men's Yoga 6:00-7:30 p Soul's Dance	23 10:00-11:00a Gentle Yoga 12:00-1:00p Pilates 5:30-6:45p Flow Yoga	24 5:30-6:45p Hatha Yoga	25 10:00-11:00a Gentle Yoga 12:00-1:00p Pilates 4:00-5:00 Teen Yoga (free) 5:30-6:45p Flow Yoga	26 9:00-10:30a Tapas Yoga	27 9:00-10:15a Continuing Yoga
28 10a-12p Yin Yoga Workshop (\$25) 4-6p Contact Improv Jam	1 11:30a-12:45p Vinyasa Yoga 4:45-5:45p Men's Yoga 6:00-7:30 p Soul's Dance	2 10:00-11:00a Gentle Yoga 12:00-1:00p Pilates 5:30-6:45p Flow Yoga	3 5:30-6:45p Hatha Yoga	4 10:00-11:00a Gentle Yoga 12:00-1:00p Pilates 4:00-5:00 Teen Yoga (free) 5:30-6:45p Flow Yoga	5 9:00-10:30a Tapas Yoga	6 9:00-10:15a Continuing Yoga

All classes are taught for all levels, except Friday Tapas Yoga and Saturday morning Continuing Yoga. You should have a basic familiarity with the poses before joining either of those classes. Gentle Yoga is best for those recovering from injury, with mobility issues, arthritis or other health limitations.