

HAMSA YOGA *Spring* SCHEDULE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 GENTLE HATHA* Erin	9:30-10:30 STRETCH + UNWIND* Erin	9:30-10:30 GENTLE HATHA* Perry	9:30-10:30 STRETCH + UNWIND* Andrea	9:30-10:30 GENTLE FLOW* Andrea	9:00-10:00 YOGA 101* Tiffany	9:30-10:30 WARM RISE + Melt* Carey
12:00-1:00 HOT FLOW Andrea	12:00-1:00 BEGINNER SERIES* (Mar 6-22) Tiffany	12:00-1:00 COZY YIN * Tiffany	12:00-1:00 BEGINNER SERIES* (Mar 6-22) Tiffany		10:30-11:30 WARM FLOW* Kat + 10:30-11:30 KIDS YOGA (Jan 13- Apr 28) Andrea/ Carey	
5:00-6:00 HATHA MIX* Monica	5:30-6:30 AROMA FLOW* Meghan	6:00-7:00 HATHA MIX* Tiffany	5:30-6:30 SLOW FLOW* Meghan	5:30-6:30 BEATS + BLISS Stephanie		
6:30-7:30 HOT FLOW Andrea	6:00-7:00 HOT FLOW Carey	6:00-7:00 HOT FLOW Stephanie	5:30-6:30 HOT FLOW + GLOW Cara	Check out our workshops!		7:30-8:30pm SELF MASTERY SERIES (Feb 18-May 13) Carey
7:00-8:00 STRETCH + UNWIND* Carey	7:00-8:00 PRENATAL SERIES (Jan 16-Mar 8) Emily	7:30-8:30 WARM FLOW* Stephanie + 7:30-8:30 BEGINNER SERIES (Feb 21-Mar 28) Tiffany	7:00-8:00 WARM STRETCH + RESTORE* Monica + 7:00-8:00pm PRENATAL SERIES (Mar 1-Apr 19) Emily	SPRING SCHEDULE FOR March 1-May 31, 2018 STUDIO HOLIDAYS Fri, Mar 30 – Good Friday Sun, Apr 1 - Easter Mon, May 21 – Victoria Day		