

All That Matters Week-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am - 10:30 am Heated Vinyasa Flow	8:30 am - 9:30 am Heated Baptiste Power Hour	7:45 am - 9:00 am Open Yoga *	8:30 am - 9:30 am Pilates Mat *	8:15 am - 9:15 am Yoga Pilates *	8:00 am - 9:30 am Basic *
9:30 am - 11:00 am Basic *	9:30 am - 11:15 am Basic *	9:15 am - 10:45 am Vinyasa	9:15 am - 10:45 am Heated Vinyasa Flow	9:30 am - 11:00 am Vinyasa	8:30 am - 10:00 am Vinyasa
4:45 pm - 5:45 pm Yoga Pilates *	9:30 am - 11:00 am Vinyasa	9:30 am - 11:00 am Kundalini *	9:30 am - 11:00 am Open Yoga *	9:30 am - 11:00 am Svaroopaa *	9:45 am - 11:15 am Open Yoga *
5:45 pm - 7:15 pm Heated Vinyasa Flow	11:30 am - 1:00 pm Yoga 50 + *	9:30 am - 11:00 am Svaroopaa *	11:15 am - 12:45 pm Yoga 50 + *	9:30 am - 11:00 am Basic *	Sunday
5:45 pm - 7:15 pm Vinyasa	4:15 pm - 5:45 pm Basic Yoga with Weights *	11:30 am - 1:00 pm Tai Chi for Health *	4:00 pm - 5:15 pm Open Yoga *	11:30 am - 1:00 pm Tai Chi for Health *	
6:00 pm - 7:30 pm Basic *	4:30 pm - 5:30 pm Pilates Mat *	4:00 pm - 5:00 pm Youth Yoga ages 3-5	4:00 pm - 5:00 pm Youth Yoga ages 5-7	4:00 pm - 5:30 pm Heated Baptiste Power Yoga	8:30 am - 10:00 am Open Yoga *
7:30 pm - 9:00 pm Open Yoga *	5:15 pm - 6:45 pm Svaroopaa *	5:45 pm - 7:15 pm Basic Vinyasa *	5:30 pm - 7:00 pm Basic *	4:15 pm - 5:30 pm Basic *	8:30 am - 10:00 am Heated Vinyasa Flow
	5:45 pm - 7:15 pm Basic *	5:45 pm - 7:15 pm Open Yoga *	5:30 pm - 7:00 pm Semi-Private Yoga Advanced	5:45 pm - 7:00 pm Open Yoga *	10:15 am - 11:30 am Prenatal Yoga *
	5:45 pm - 6:45 pm Pilates Mat *	6:00 pm - 7:30 pm Heated Vinyasa Flow	5:45 pm - 7:15 pm Vinyasa	6:00 pm - 7:00 pm Power Hour Yoga	5:30 pm - 6:30 pm Mystery Yoga
	6:00 pm - 7:15 pm Vinyasa	7:30 pm - 9:00 pm Kundalini *	5:45 pm - 7:15 pm Heated Vinyasa Flow		No mystery class 9/5
	7:00 pm - 8:45 pm Svaroopaa/Deeper		7:15 pm - 8:30 pm Semi-Private Yoga Basic *		
	7:30 pm - 8:45 pm Yoga Workout				

7:30 pm - 9:00 pm

Open Yoga *

* Beginners Welcome

Students are welcome to drop in to any of these classes. Schedule is subject to change.

Winter/Spring Yoga Schedule (September - January 2011). Classes run everyday except December 25 and November 26 and May 25 and April 12 and September 7. Classes run in 2 month series beginning September and November.