



INSPIRATION YOGA STUDIO

April 2012 Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Good Morning Yoga 11:00 - 12:00am Dawn Mixed Levels</p>		<p>Ashtanga Yoga 8:30-9:30am Justyna Mixed Levels</p>				
		<p>Hatha Yoga 10:00 - 11:00am Sue S. - II / III</p>	<p>Discover Yoga 10:00 - 11:00am Susan - I / II</p>	<p>Hatha Yoga 10:00 - 11:00am Sue S. - II / III</p>	<p>Hatha Yoga 10:00 - 11:00am Sue S. - II / III</p>	<p>Hatha Yoga 9:00-10:00 am Rebecca I / II</p>
	<p>Discover Yoga 12:00 - 1:00pm Susan C. - I / II</p>		<p>Hatha Yoga 12:00 - 1:00pm Sue S. - Mixed Levels <i>(No class on 14th)</i></p>		<p>Hatha Yoga 12:00 - 1:00pm Sue S. - II / III</p>	<p>Apr 14 - May 19 Kids Yoga, 1-2 yrs. 10:15 - 11:00am Rebecca</p>
		<p>Yoga for Health, Healing & Recovery 1:30 pm - 2:45 pm Anita - Mixed Levels</p>				<p>Apr 14 - May 19 Kids Yoga, 3-6 yrs. 11:15 - 12:00noon Rebecca</p>
	<p>Hatha Yoga 5:30-6:30pm Rebecca Mixed Levels</p>	<p>Hatha Yoga 5:00 - 6:30pm Sue S. - II / III</p>	<p>Ashtanga Yoga 5:30-6:30pm Justyna Mixed Levels</p>	<p>Pre-Natal Yoga 6:00-7:00 pm Rebecca Mixed Levels</p>	<p>Apr 13 - May 18 Kids Yoga, 11-13 yrs. 4:00 - 5:00pm Rebecca</p>	<p>Apr 14 - May 19 Kids Yoga, 7-10 yrs. 12:15 - 1:00pm Rebecca</p>
<p>INTENSITY RATING: I - MILD II - MODERATE III - INTENSE</p>	<p>Mixed Level Yoga 7:30- 8:30pm Katie</p>	<p>Chakra Yoga 7:00-8:30pm Leah <i>(Pre-Registered)</i></p>	<p>Hatha Yoga 7:30-8:30pm Rebecca Mixed Levels</p>	<p>Ashtanga Yoga 7:30 - 8:30pm Justyna Mixed Levels</p>	<p>\$12. Per Class Drop-in Rate For Any Kids Yoga Classes! OR Enjoy Special Pricing When Pre-registered. (Call Studio For Details)</p>	