

January

2016

| December | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

| February | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | | | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---------|--|----------|--------|----------|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | | Vinyasa 7:30 - 8:45pm Yael Flusberg | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Restorative 10-11am Ellen Helbig Yogic Flow 11-12:15pm Ellen Helbig | | | Vinyasa 7:30 - 8:45pm Debra Mishalove | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| NO YOGA | | | Vinyasa 7:30 - 8:45pm Yael Flusberg | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Restorative 10-11am Bre Hanson Yogic Flow 11-12:15pm Ben Shalva | | | Vinyasa 7:30 - 8:45pm Alesandra Zsiba | | | |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| Restorative 10-11am Tali Mscowitz Yogic Flow 11-12:15pm Ellen Helbig | | | | | | |

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