



Holiday Schedule
December 2009 – January 2010

Wed	Dec 23	Regular schedule through December 23
Thu & Fri	Dec 24 - 25	CLOSED
Sat to Wed	Dec 26 - 30	Limited schedule – see below
Thu	Dec 31	CLOSED
Fri	Jan 1	FREE class with Kyra Haglund at 11:30 am, CLOSED the rest of the day
Sat	Jan 2	Regular schedule resumes

Saturday December 26

8:00-9:15 am	All Levels with Meditation	Nathalie Canessa	S
9:00-10:30 am	All Levels Flow	Julian Walker	N
9:30-11:00 am	Level 1-2	Allison McCready	S
10:45-12:15 pm	All Levels Flow	Daniel Stewart	N
11:15-12:45 pm	Level 1	Indira Shekerjian	S
12:30-1:30 pm	Pilates Level 2	Laura Gideon	N
2:15-3:45 pm	All Levels Flow (Community)	Dana Marcoux	N
4:00-5:30 pm	Slow Deep Stretch	Mike Pottenger	N

Sunday December 27

8:00-9:15 am	All Levels with Meditation	Nathalie Canessa	S
9:00-10:30 am	All Levels Flow	Julian Walker	N
9:30-11:00 am	Level 1	Indira Shekerjian	S
10:45-12:15 pm	All Levels Flow	Kyra Haglund	N
11:15-12:30 pm	Prenatal & Postnatal	Shayna Reid	S
2:15-3:45 pm	All Levels (Community)	Dana Marcoux	N
5:30-7:15 pm	Level 1	Indira Shekerjian	N
7:30-8:45 pm	Kundalini Level 1-2 (Yoga Nidra)	Elizabeth St. Clair	N

Monday December 28

7:00-8:15 am	Level 1-2	Jane Zingale	N
9:00-10:30 am	All Levels flow	Kyra Haglund	N
10:00-11:30 am	Level 1	Jane Zingale	S
12:15-1:30 pm	All Levels Lunchtime Flow	Allison McCready	N
3:30-4:30 pm	Level 1 (Community)	Indira Shekerjian	N
4:45-6:15 pm	Level 2-3	TBA	N
6:00-7:30 pm	Level 1	Shayna Reid	S
6:30-8:00 pm	All Levels	Kyra Haglund	N

Tuesday December 29

9:00-10:30 am	Level 1-2	Nathalie Canessa	N
9:15-10:15 am	Pilates Level 2-3	Laura Gideon	S
10:30-11:45 am	Level 1 Gentle	Joyce Dvoren	S
12:15-1:15 pm	Slow Deep Stretch	Indira Shekerjian	S
12:30-2:00 pm	Level 1-2 (Community)	Jane Zingale	N
5:00-6:15 pm	Level 2 Flow	Allison McCready	N
6:00-7:30 pm	Level 1	Indira Shekerjian	S
6:30-8:00 pm	All Levels Flow	Daniel Stewart	N

Wednesday December 30

7:00-8:15 am	Level 1-2	Jane Zingale	N
8:30-9:30 am	Pilates Level 1	Laura Gideon	S
9:00-10:30 am	All Levels flow	Kyra Haglund	N
10:00-11:30 am	Level 1	Jane Zingale	S
12:15-1:30 pm	All Levels Lunchtime Flow	Allison McCready	N
3:30-4:30 pm	Level 1 (Community)	Catherine McDonough	N
4:45-6:15 pm	Level 2-3	TBA	N
6:00-7:30 pm	Level 1	Catherine McDonough	S
6:30-8:00 pm	All Levels	Julian Walker	N