

# Yoga Schedule

EFFECTIVE:  
MAY 1, 2008



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:55 am Levels 1-3 Jake	6:00-7:55 am Ashtanga Mysore Style Nancy	6:00-6:55 am Gentle Yoga Nancy	6:00-7:55 am Ashtanga Mysore Style Nancy	6:00-6:55 am Levels 1-3 Jake	6:30-7:55 am Ashtanga Nancy
7:00-7:55 am Levels 1-3 Jake		7:00-7:55 am Levels 1-3 Jake	7:00-7:55 am Intro to Ashtanga Patty	7:00-7:55 am Levels 1-3 Jake	8:00-8:55 am Levels 1-3 Cheri
8:00-8:55 am Levels 1-3	8:00-8:55 am Levels 1-3 Rex	8:00-8:55 am Levels 1-3 Jake	8:00-8:55 am Vinyasa 1-3 Patty	8:00-8:55 am Levels 1-3	9:00-9:55 am Gentle Yoga Nancy
9:00-9:10 am Satsang Nancy				9:00-9:10 am Satsang Nancy	
10:00-10:55 am Chair Yoga Nancy	10:00-10:55 am Gentle Yoga Nancy	10:00-10:55 am Chair Yoga Cynthia	10:00-10:55am Gentle Yoga Nancy	10:00-10:55am Gentle Yoga Nancy	10:00-10:55am Level I Amaera
11:00am – 12:00 Levels 1 Amaera		11:00-11:55 am Gentle Yoga Tom		11:00-11:55 am Restorative Cynthia	
12:00-1:00 pm Levels 1-3 Amaera	12:00-1:00 pm Levels 1-3 Jake	12:00-1:30 pm Iyengar 1-3 Tom	12:00-1:00 pm Levels 1-3 Jake	12:00-1:00 pm Levels 1-3 Amaera	
3:30-4:15 pm Youth Yoga Age 9 and older	3:30-4:15 pm Youth Yoga Ages 4-8				
4:20-5:20 pm Restorative Cynthia	4:20-5:20 pm Gentle Yoga Tom	4:20-5:20 pm Levels 1-2 Amaera	4:20-5:20 pm Intro to Iyengar Tom		
5:30-6:25 pm Level 1 Patty	5:30-6:25 pm Iyengar 1-2 Tom	5:30-6:25 pm Gentle Yoga Patty	5:30-6:55 pm Iyengar 1-3 Tom	5:30-6:25 pm Level 1 Amaera	
6:30-7:45 pm Vinyasa 2-3 Patty	6:30-7:55 pm Iyengar 2-4 Tom	6:30-7:45 pm Vinyasa 2-3 Patty			
					SUNDAY
					8:30-9:00am Chanting OM 9:00-9:55 am Meditation Marc
					10:00-10:55am Levels 1-3 Amaera
					4:00-4:55 pm Gentle Yoga Amy