

Yoga at TLAC December 2011

Monday 11/18	Tuesday 11/29	Wednesday 11/30	Thursday 12/1	Friday 12/2	Saturday 12/3
8:45-10:00 Vinyasa Tracy	8:45-10:00 Vinyasa Emy	8:45-10:00 Vinyasa Tracy 5:30-6:45 Yoga level 1 Van		8:45-10:00 Level 2 Kathy	8:45-9:45 am Level 1 Tracy
12/5	12/6	12/7	12/8	12/9	12/10
8:45-10:00 Vinyasa Tracy	8:45-10:00 Vinyasa Emy	8:45-10:00 Vinyasa Tracy 5:30-6:45 Yoga level 1 Van		8:45-10:00 Level 2 Kathy	8:45-9:45 am Level 1 Emy
12/12	12/13	12/14	12/15	12/16	12/17
8:45-10:00 Vinyasa Tracy	8:45-10:00 Vinyasa Emy	8:45-10:00 Vinyasa Tracy 5:30-6:45 Yoga level 1 Van		8:45-10:00 Level 2 Kathy	8:45-9:45 Level 1 Emy
12/19	12/20	12/21	12/22	12/23	12/24
8:45-10:00 Vinyasa Tracy	8:45-10:00 Vinyasa Emy	8:45-10:00 Vinyasa Tracy 5:30-6:45 Yoga level 1 Van		8:45-10:00 Level 2 Kathy	8:45-9:45 Level 1 Van
12/26	12/27	12/28	12/29	12/30	12/31
8:45-10:00 Vinyasa Van	8:45-10:00 Vinyasa Emy	8:45-10:00 Vinyasa Van 5:30-6:45 Yoga level 1 Van		8:45-10:00 Level 2 Kathy	8:45-9:45 Level 1 Kathy