

## 2012 CLASS SCHEDULE EFFECTIVE JAN 1

LEVEL	TIME	STYLE	TEACHER
<b>TUESDAY</b>			
Intermediate	9:30-10:45 AM	FLOW	Manoj
ALL LEVELS	6:00 – 7:00 PM	FLOW	Manoj
Basic	7:10 – 8:10 PM	FLOW	Julie
Basic (Mandarin)	8:10 – 9:10 PM	FLOW	Sook Yee
<b>WEDNESDAY</b>			
Basic	7:30 - 8:30 AM	RELAX	Sandhya
ALL LEVELS	9:30 – 10:45 AM	RELAX	Manoj
Intermediate	6:45 – 8:00 PM	RELAX	Manoj
Basic	8:10 – 9:10 PM	RELAX	Penny
<b>THURSDAY</b>			
Intermediate	9:30 – 10:45 AM	ALIGNMENT	Manoj
ALL LEVELS	6:45 – 8:00 PM	ALIGNMENT	Manoj
Basic	8:10 – 9:10 PM	ALIGNMENT	Manoj
<b>FRIDAY</b>			
Basic	7:30 – 8:30 AM	RELAX	Susan
Intermediate	9:30 – 10:45 AM	ASHTANGA	Manoj
ALL LEVELS	6:45 – 8:00 PM	ASHTANGA	Manoj
<b>SATURDAY</b>			
Basic	7:00 – 8:00 AM	RELAX	Sandhya
Basic	10:00 – 11:00 AM	RELAX	Lily
<b>KID'S YOGA</b>	<b>2:30 – 3:30 PM</b>	<b>NEW CLASS!!!</b>	<b>Sook Yee</b>
Intermediate	4:00 – 5:00 PM	RELAX	Jean
Advance	5:10 – 6:40 PM	RELAX	Manoj
<b>SUNDAY</b>			
Advance	8:00 – 9:30 AM*	ASHTANGA	Manoj
Intermediate	9:30 – 10:30 AM	ASHTANGA	Manoj
Basic	11:00 – 12:00 AM	ASHTANGA	Julie
Basic	5:00 – 6:00 PM	RELAX	Kwan

*\*Adv Ashtanga class will start at 7:30AM every first Sunday of the month for Full Vinyasa practice*