

Breathing Space Tantalion Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am				Pilates 4 wks/\$46 Aug 5/10 Christine		Vinyasa Flow Level 1-2 Bev	
9:30am	Relax and Renew All Levels Patti	Flow Level 1-2 Amy	Vinyasa Flow Level 1-2 Caelin				
10:30am						Intro to Yoga 6 wks/\$69 Aug 14/10 Amy	Core Yoga All Levels Bryan
11:00am		Parent & Babe Up to 12 months 8wks/\$90 Amy (Starts Aug 24/10)					
12:00pm						Yoga for Athletes All Levels Amy	
2:00pm						Yoga for Figure Skaters 4 wks/\$39 Aug 14/10	Special Family Yoga Class Aug 15/10
3:30pm		Yoga for Teens (1 hour class) \$10 drop in Amy					
6:00pm		Intro to Yoga 6 wks/\$69 Amy (Starts July 6/10)		Flow Intro/Level 1 Bryan			
6:30pm	Vinyasa Flow Level 1-2 Kathryn		Hot Flow Level 1 Sara		ZUMBA 4 wks/\$45 July 30/10 Jessica		
7:30pm				Ashtanga Influenced Level 1 Bryan			
8:00pm	Fundamentals of Yoga Intro/Level 1 Paul	Detox Flow Intro/Level 1 (Starts Aug 10/10)	Vinyasa Flow Level 1-2 Sara				