

SATTVA YOGA



CENTER

Schedule of Classes

<u>Monday</u> 9:30 am Level 1 11:15 am * Level 1 5:45 pm Level 1 7:15 pm Level 2	<u>Tuesday</u> 9:30 am Level 1 11:15 am * Level 1 5:45 pm Level 1 7:15 pm Level 1
<u>Wednesday</u> 7:45 am Level 1 9:30 am Level 2 11:15 am * Level 1 12:45 pm * Gentle Level 1 4:15 pm * Level 1 5:45 pm Level 2 7:15 pm Level 1	<u>Thursday</u> 9:30 am Level 1 11:15 am * Level 1 4:15 pm * Level 1 5:45 pm Level 1 7:15 pm Restorative
<u>Friday</u> 7:45 am Level 1 9:30 am Level 2 11:15 am * Level 1 12:45 pm * Gentle Level 1 4:15 pm * Level 1 5:45 pm Level 2 7:15 pm Level 1 8:45 pm Satsang	<u>Saturday</u> 9:00 am Level 1
<u>Sunday</u> 9:00 am Level 1 11:00 am * Community Level 1 2:00 pm Level 2 3:30 pm Level 1 5:00 pm Restorative	

* These classes are 1 hour long. All other classes are 1 hr and 15 minutes long.
Effective Date: 12/7/09