

# THE ZEN ZONE

## DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:30-10:30 Warm 11-12 Flow
2 10-11:30 Restorative (sign-up) 5:20-6 Meditation 6:30-8 Restorative (sign-up)	3 6:30-7:30 AM Flow 12:10-12:50 Flow 6-7 Core Yoga 7:30-8:30 Warm	4 9:30-10:30 Yin 12:10-12:50 Core 5:30-6:45 Warm 7:15-8:30 Power Flow	5 12:10-12:50 Flow 5:30-6:45 Power 7:15-8:30 Yin	6 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips	7 12:10-12:50 Flow 5:30-6:30 Yin	8 9:30-10:30 Warm 11-12 Flow
9 10-11:30 Restorative (sign-up) 5:20-6 Meditation 6:30-8 Restorative (sign-up)	10 6:30-7:30 AM Flow 12:10-12:50 Flow 6-7 Core Yoga 7:30-8:30 Warm	11 9:30-10:30 Yin 12:10-12:50 Core 5:30-6:45 Warm 7:15-8:30 Power Flow	12 12:10-12:50 Flow 5:30-6:45 Power 7:15-8:30 Yin	13 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips	14 12:10-12:50 Flow 5:30-6:30 Yin	15 9:30-10:30 Warm 11-12 Flow
16 10-11:30 Restorative (sign-up) 5:20-6 Meditation 6:30-8 Restorative (sign-up)	17 6:30-7:30 AM Flow 12:10-12:50 Flow 6-7 Core Yoga 7:30-8:30 Warm	18 9:30-10:30 Yin 12:10-12:50 Core 5:30-6:45 Warm 7:15-8:30 Power Flow	19 12:10-12:50 Flow 5:30-6:45 Power 7:15-8:30 Yin	20 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips	21 12:10-12:50 Flow 5:30-6:30 Yin	22 9:30-10:30 Warm 11-12 Flow
23 <b>CLOSED</b>	24 <b>CLOSED CHRISTMAS EVE</b>	25 <b>CLOSED MERRY CHRISTMAS</b>	26 <b>CLOSED BOXING DAY</b>	27 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips	28 12:10-12:50 Flow 5:30-6:30 Yin	29 9:30-10:30 Warm 11-12 Flow
30 10-11:30 Restorative (sign-up) 5:20-6 Meditation 6:30-8 Restorative (sign-up)	31 <b>CLOSED NEW YEAR'S EVE</b>	1 <b>CLOSED NEW YEAR'S DAY</b>				