

# THE ZEN ZONE

## JANUARY

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