



WINTER SCHEDULE

**UPDATED
1/1/10**

Above Marathon Bike • 104 E. Maple Street, 3rd Floor • Fayetteville

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Erin Larsen</i> 7:00-9 <i>Mysore Style</i> <i>Ashtanga</i>		<i>Erin Larsen</i> 7:00-9 <i>Mysore Style</i> <i>Ashtanga</i>		<i>Erin Larsen</i> 7:00-9 <i>Mysore Style</i> <i>Ashtanga</i>	
						<i>Sue</i> 10:30-12 <i>Kundalini Yoga</i> (B, I)
<i>Sue</i> 1:30-2:30 <i>Healing Yoga</i> (E)						
<i>Sue</i> 2:30-3:30 <i>Meditation</i> (E)	<i>Kara</i> 5-6 <i>Fundamental</i> <i>Yoga (B)</i>	<i>Erin Larsen</i> 5:30-7 <i>Gentle Yoga</i> (B)	<i>Randy</i> 5:30-7 <i>Anusara</i> <i>Yoga (I)</i>	<i>Sue</i> 6-7 <i>Gentle Yoga</i> (B, I)		
<i>Erin Larsen</i> 5-6:30 <i>Vinyasa</i> (I, A)	<i>Kara</i> 6-7:30 <i>Flow Yoga (I)</i>	<i>Yves</i> 7-8:00 <i>Flow Yoga (I)</i>	<i>Erin Yakim</i> 7-8:30 <i>Gentle Yoga (B)</i>			

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