

Power Flow Hot Yoga Instructor Schedule- January 2012

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
1 HAPPY NEW YEAR!!!!!!!	2 9:30-10:30a Ramona- L2/3 6:15-7:15p <u>CANCELLED</u> <u>TONIGHT ONLY</u>	3 6:00-7:00a Ramona-AL 8:30-9:30a Ramona-AL 12:00-1:00p Heather-AL 6:15-7:15p Emily- AL	4 6:00-7:00 Alfonso- AL 9:30-10:30 Ramona -L2/3 6:15-7:15p Joyce L1	5 6:00-7:00a Ramona-AL 8:30-9:30a Ramona-AL 6:15-7:15p Ramona-AL	6 No class Fridays, until further notice.	7 9:30-10:30a Emily-AL
8 9:00-10:00a Ramona- B 10:15-11:15a Ramona L2/3	9 9:30-10:30a Ramona- L2/3 6:15-7:15p Emily-AL	10 6:00-7:00a Ramona-AL 8:30-9:30a Ramona-AL 12:00-1:00p Heather-AL 6:15-7:15p Nate- AL	11 6:00-7:00 Alfonso- AL 9:30-10:30 Ramona -L2/3 6:15-7:15p Joyce L1	12 6:00-7:00a Ramona-AL 8:30-9:30a Ramona-AL <u>6:15-7:15p AL</u> <u>CANCELLED</u> <u>TONIGHT ONLY</u>	13	14 9:30-10:30a Emily-AL
15 9:00-10:00a Ramona- B 10:15-11:15a Ramona L2/3	16 9:30-10:30a Ramona- L2/3 6:15-7:15p Emily -AL	17 6:00-7:00a Ramona- AL 8:30-9:30a Ramona-AL 12:00-1:00p Heather-AL 6:15-7:15p Nate-AL	18 6:00-7:00 Alfonso- AL 9:30-10:30 Ramona- L2/3 6:15-7:15p Joyce L1	19 6:00-7:00a Ramona-AL 8:30-9:30a Ramona-AL 6:15-7:15p Ramona-AL	20	21 9:30-10:30a Emily- AL
22 9:00-10:00a Ramona- B 10:15-11:15a Ramona L2/3	23 9:30-10:30a Ramona- L2/3 6:15-7:15p Emily-AL	24 6:00-7:00a Ramona- AL 8:30-9:30a Ramona-AL 12:00-1:00p Heather-AL 6:15-7:15p Nate- AL	25 6:00-7:00 Alfonso- AL 9:30-10:30 Ramona- L2/3 6:15-7:15p Joyce L1	26 6:00-7:00a Ramona-AL 8:30-9:30a Ramona-AL 6:15-7:15p Ramona-AL	27	28 9:30-10:30a Emily- AL
29 9:00-10:00a Ramona- B 10:15-11:15a Ramona L2/3	30 9:30-10:30a Ramona- L2/3 6:15-7:15p Emily- AL	31 6:00-7:00a Ramona-AL 8:30-9:30a Ramona-AL 12:00-1:00p Heather-AL 6:15-7:15p Nate- AL	AL= All level class L1= Level 1 L2/3= level 2 and 3 class B=beginner class			