

Power Flow Hot Yoga Instructor Schedule- February 2012

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