

Mountain Yoga ❖ Class Calendar ❖ for Membership Year Feb 1, 2017 -January 31, 2018

2017	Mon	Tues	Wed	Thu	Fri	Sat	Sun			Mon	Tues	Wed	Thur	Fri	Sat	Sun		
JANUARY							1	41	JUL	3	4	5	6	7	8	9	20	Body Thrive Book Club 3/30-6/1
	2	3	4	5	6	7	8			10	11	12	13	14	15	16	21	
	9	10	11	12	13	14	15			17	18	19	20	21	22	23	22	
	16	17	18	19	20	21	22			24	25	26	27	28	29	30	23	
	23	24	25	26	27	28	29			31	1	2	3	4	5	6	24	
FEB	30	31	1	2	3	4	5	1	AUG	7	8	9	10	11	12	13	25	½ Day Workshop Free to members
	6	7	8	9	10	11	12	14		15	16	17	18	19	20	26		
	13	14	15	16	17	18	19	21		22	23	24	25	26	27	27		
	20	21	22	23	24	25	26	28		29	30	31	1	2	3	28		
MAR	27	28	1	2	3	4	5	5	SEP	4	5	6	7	8	9	10	29	Whole Yoga 3 hr class. Bring brown bag meal.
	6	7	8	9	10	11	12	11		12	13	14	15	16	17			
	13	14	15	16	17	18	19	18		19	20	21	22	23	24	29		
	20	21	22	23	24	25	26	25		26	27	28	29	30	1	30		
	27	28	29	30	31	1	2	2		3	4	5	6	7	8	31		
APR	3	4	5	6	7	8	9	9	OCT	9	10	11	12	13	14	15	32	5 or 6 week Intro to Svaroopo Yoga
	10	11	12	13	14	15	16	16		17	18	19	20	21	22			
	17	18	19	20	21	22	23	23		24	25	26	27	28	29	33		
	24	25	26	27	28	29	30	30		31	1	2	3	4	5	34		
MAY	1	2	3	4	5	6	7	13	NOV	6	7	8	9	10	11	12	35	MFA off. No classes or private sessions
	8	9	10	11	12	13	14	13		14	15	16	17	18	19	36		
	15	16	17	18	19	20	21	20		21	22	23	24	25	26			
	22	23	24	25	26	27	28	27		28	29	30	1	2	3	37		
JUN	29	30	31	1	2	3	4	15	DEC	4	5	6	7	8	9	10	38	❖Schedule is subject to change❖
	5	6	7	8	9	10	11	11		12	13	14	15	16	17	39		
	12	13	14	15	16	17	18	18		19	20	21	22	23	24	40		
	19	20	21	22	23	24	25	25		26	27	28	29	30	31			
	26	27	28	29	30	1	2	1		2	3	4	5	6	7			
								2018	JANUARY	8	9	10	11	12	Bliss Yoga	41		
								15		16	17	18	19	20	21	42		
								22		23	24	25	26	27	28	43		
								29		30	31					44		

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