



## Greco Yoga Schedule - Effective February 1st 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	YOGA LEAN	-	HOT POWER YOGA	YOGA LEAN	HOT POWER YOGA	-
9:00am	-	-	-	-	-	Children's Yoga (45min) Pre-registration required.
10:00am	-	-	-	-	-	FOUNDATIONS
11:00am	HOT POWER YOGA	YOGA LEAN	HOT POWER YOGA	-	YOGA LEAN	11:30 HOT POWER (90)
4:30pm	-	4:15 HOT POWER	-	4:15 YOGA LEAN	-	-
5:30pm	-	-	-	-	-	-
6:15pm	Children's Yoga (45min) Pre-registration required.	-	Children's Yoga (45min) Pre-registration required.	-	-	-
7:30pm	7:15 YOGA LEAN	7:15 FOUNDATIONS	7:15 HOT POWER (90)	7:00 HOT POWER (90 min)	-	-
8:30pm	8:30 YIN	-	-	-	-	-