

Monday	10:00 - 11:30a	<u>Vinyasa Flow</u>	<u>Jillian Winters</u>
	12:30 - 1:30p	<u>Hatha Flow</u>	<u>Courtney Harms</u>
	5:30 - 7:00p	<u>Hatha</u>	<u>Natacha Sagalovsky</u>
	7:30-9:00p	<u>Kundalini</u>	<u>Vikram Dev Kaur</u>
Tuesday	8:00 - 9:30a	<u>Kundalini</u>	<u>Rochelle Katzman</u>
	10:00 - 11:30a	<u>Kundalini for Self Empowerment</u>	<u>Siridyal Kaur</u>
	12:30 - 1:30p	<u>Kundalini Prenatal</u>	<u>Rochelle Katzman</u>
	5:30 - 7:00p	<u>Kundalini</u>	<u>Vikram Dev Kaur</u>
	7:30 - 9:00p	<u>Kundalini</u>	<u>Ramey</u>
Wednesday	8:00 - 9:30a	<u>Vinyasa Flow</u>	<u>Ryan Smith</u>
	10:00 - 11:30a	<u>Kundalini</u>	<u>Dharamjeet Kaur</u>
	12:30 - 1:30p	<u>Hatha Flow</u>	<u>Courtney Harms</u>
	5:30 - 7:00p	<u>Kundalini</u>	<u>Anita Condic</u>
	7:30 - 9:00p	<u>Kundalini</u>	<u>Camilla Davenport</u>
Thursday	8:00 - 9:30a	<u>Kundalini</u>	<u>Linh James</u>
	10:00 - 11:30a	<u>Kundalini</u>	<u>Dharamjeet Kaur</u>
	12:30 - 1:30p	<u>Lunchtime Yoga KY</u>	<u>Dharamjeet Kaur</u>
	5:30 - 7:00p	<u>Hatha</u>	<u>Natacha Sagalovsky</u>
	7:30 - 9:00p	<u>Kundalini for Self Empowerment</u>	aug 5th <u>Siridyal Kaur</u>
Friday	8:00 - 9:30a	<u>Kundalini</u>	sorry-temp cancelled
	10:00 - 11:30a	<u>Kundalini</u>	<u>Dharamjeet Kaur</u>
	12:30 - 1:30p	<u>Lunchtime KY</u>	<u>Anita Condic</u>
	5:30 - 7:00p	<u>Kundalini</u>	<u>Sarka</u>
Saturday	10:00 - 11:30a	<u>KY & Gong Meditation</u>	<u>Sat Nishan</u>
	12:00 - 1:00p	<u>KY Prenatal</u>	<u>Rochelle Katzman</u>
Sunday	5:00 - 7:00a	<u>Community Sadhana (First Sunday of mo only)</u>	All teachers & community
	10:00 - 11:30p	<u>Kundalini</u>	<u>Dharamjeet Kaur</u>
	6:00-7:30p	<u>Kundalini</u>	<u>Sarka</u>
Last Sunday	10:00 - 12:00p	<u>Yoga 2HR Beginner's Workshop</u>	<u>Dharamjeet Kaur</u>
1st Sunday	11:30 - 1:00p	<u>Family Yoga</u>	<u>Siridyal Khalsa/Mukande Kaur</u>