



CARLING Fall 2017

September 4th – December 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:15 – 9:30 AM Vinyasa Flow SYLVIE	9:00 – 10:15 AM Yin Yoga SUE
9:30 – 10:45 AM Vinyasa Flow SYLVIE	9:30 – 10:45 AM Yoga Prehab MARLA	9:30 – 10:45 AM Vinyasa Flow MARTHA	9:30 – 10:45 AM Hatha NANCY	9:30 – 10:45 AM Vinyasa Flow SYLVIE	10:00 – 11:15 AM Gentle Hatha MARTHA	10:30 – 11:45 AM Hatha Flow VALERIE
9:45 – 11:00 AM Restore & Align MICHAEL		9:45 – 11:00 AM Yoga on the Ball MICHAEL		9:45 – 11:00 AM Restore & Align MICHAEL	11:30 AM – 12:45 Qigong MICHAEL	
12:00 – 1:00 PM Power Flow BARB	12:00 – 1:00 PM Gentle Hatha MARLA	12:00 – 1:00 PM Body Rolling MICHAEL	12:00 – 1:00 PM Hatha TRICIA	12:00 – 1:00 PM Hatha MICHAEL		
5:30 – 6:45 PM Hatha Flow MARLA	5:30 – 6:45 PM Power Flow BARB	5:30 – 6:45 PM Yoga Prehab MARLA	5:30 – 6:45 PM Yin & Meditation MARLA	<p>COMING SOON... <i>Fall Programs to Inspire & Delight!</i></p> <p><i>Introduction to Meditation</i> <i>Yoga for Anxiety & Depression</i> <i>Workshop series with Michael</i> <i>300-hour Professional Advanced Teacher Training</i></p>		
7:00 – 8:15 PM Restore & Align MICHAEL	7:00 – 8:15 PM Yin & Restorative TRICIA	7:00 – 8:15 PM Hatha Flow BARB	7:00 – 8:15 PM Yoga on the Ball MICHAEL			