



Downtown Studio  
 Winter Schedule 2010  
 Effective Jan 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Registered Class 6:30 - 7:45 Sunrise Yoga		Registered Class 6:30 - 7:45 Sunrise Yoga		Registered Class 8:15 - 9:30 Yoga for Runners	
	9:30 - 11 Hatha	9:30 - 11 Vinyasa Flow	9:30 - 11 Hatha	9:30 - 11 Vinyasa Flow	10 - 11:30 Hatha	10 - 11:30 Hatha
Registered Class 11:30 - 12:45 Post-Natal Yoga	12 - 1 Vinyasa Flow	12 - 1 Core Yoga	12 - 1 Freestyle Ashtanga	12 - 1 Vinyasa Flow	12 - 1:30 Freestyle Ashtanga	12 - 1:30 Vinyasa Flow
Registered Class 1:30 - 3 Restorative		Registered Class 1:30 - 2:30 Baby Massage				2 - 3 Yin Yoga
					2 - 6 Workshops (See Website)	Registered Class 3:30 - 5:00 Beginner Yoga
5:30 - 7 Hatha	5:30 - 7 Gentle/Beginner Yoga	Registered Class 5:30 - 7 Pre-Natal Yoga	5:30 - 7 Hatha	5:30 - 7 Hatha		
7:30 - 9 Vinyasa Flow	7:30 - 9 Vinyasa Flow	7:30 - 9 Hatha	7:30 - 9 Freestyle Ashtanga	7:30 - 9 Workshops (See Website)		Schedule Changes Ongoing Visit our website for updates <a href="http://www.lotussoulgym.com">www.lotussoulgym.com</a>