

MBPY 2010 Schedule

MONDAY	
6:45 – 8:00am \$10 class	Stacie
9:30 -11:00am core flow	Elizabeth
12:00-1:15pm \$10 class	John
5:30 – 6:45pm	Noelle
7:00-8:30pm	Beau
TUESDAY	
9:30 – 11:00am	Mark
12:00 – 1:15pm \$10 class	Steven
5:30 – 6:45pm	Elizabeth
7:00 – 8:30pm	Mark
WEDNESDAY	
6:45 – 8:00am \$10 class	Milena
9:30 – 11:00am	Elizabeth
12:00-1:15pm \$10 class	John
3:45 –5:15pm yoga 101 (feb. 15)	Milena
5:30 – 6:45pm	Megan
7:00-8:30pm	Noelle
THURSDAY	
9:30 – 11:00am	Mark
12:00 – 1:15pm \$10 class	Noelle
5:30 - 6:45pm core flow	Elizabeth
7:00 – 8:30p.m.	Mark
FRIDAY	
6:45 – 8:00am \$10 class	Milena
9:30 – 11:00am	Mark
12:00-1:15pm \$10 class	John
3:45 – 5:15pm	John
5:30 – 6:45pm	Grace
SATURDAY	
9:00 – 10:30am	Noelle
10:30 – 12:00pm	Elizabeth
3:45 – 5:15pm	Mark
5:30 –7:00p.m	Julie
SUNDAY	
9:00 – 10:30am	Bethany
10:30 – 12:00pm	Grace
3:45 –5:15pm yoga 101	Kaytee
5:30 – 6:45pm	Elizabeth
7:00 – 8:15pm \$10 class	Julie

**www.markblanchardsyoga.com yoga101-slower basics class
 core flow-emphasis on waking up core/center \$60 new
 student special! NO MUSIC, NO PROPS, NO LEVELS, NO EGO!..
 JUST YOGA!**