



WINTER/SPRING 2012

central street yoga

sunday	monday	tuesday	wednesday	thursday	friday	saturday
Kripalu Gentle 10:30am - 12pm <i>Josh</i>	Basics 9am - 10:30am <i>Caroline</i>		Stage 2 Kripalu 6:45am - 7:45am <i>Sandy</i>		Basics 9am - 10:30am <i>Caroline</i>	
		Gentle 12pm - 1pm <i>Caroline</i>	Prenatal Yoga 11am - 12pm <i>Wendy</i>	Gentle 12pm - 1pm <i>Bunny</i>		Intermediate/Advanced 10:30am - 12pm <i>Terry</i>
		Yin Yoga 4pm - 5:15pm <i>Leslie</i>		Intermediate/Advanced 4pm - 5:30pm <i>Terry</i>		
		Ashtanga 5:30pm - 7pm <i>Kitty</i>			Ashtanga 5:30pm - 7pm <i>Kitty</i>	
	Basics 6pm - 7:30pm <i>Terry</i>		Beginner/Intermediate 6pm - 7:15pm <i>Angela</i>			

Check our schedule page at www.CentralStreetYoga.com for daily schedule changes and instructor substitutions.