

January

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 9 AM Yoga for All	4	5
6	7 5:30 PM Yoga for All	8 9 AM Yoga for All 10:30 "Yoga for Strength and Balance"	9	10 9 AM Yoga for All 10:30 "Yoga for Strength and Balance"	11	12
13	14 5:30 PM Yoga for All	15 9 AM Yoga for All 10:30 "Yoga for Strength and Balance"	16	17 9 AM Yoga for All 10:30 "Yoga for Strength and Balance"	18	19
20	21 5:30 PM "Restorative Yoga"	22 9 AM Yoga for All 10:30 "Yoga for Strength and Balance"	23	24 9 AM Yoga for All 10:30 "Yoga for Strength and Balance"	25	26
27	28 5:30 PM Yoga for All	29 9 AM Yoga for All 10:30 "Yoga for Strength and Balance"	30	31 9 AM Yoga for All 10:30 "Yoga for Strength and Balance"		

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