

# Jewel Yoga Schedule

| MON                             | TUE                                | WED                                           | THU                            | FRI                         | SAT/SUN                                       |
|---------------------------------|------------------------------------|-----------------------------------------------|--------------------------------|-----------------------------|-----------------------------------------------|
|                                 | 9:00 am<br>Tonya<br>Level 1<br>**  |                                               |                                |                             | SAT                                           |
| 10:00 am<br>Jane<br>Beg. Yoga   | 11:00 am<br>Tonya<br>Level 2<br>** | 10:00 am<br>Cindy<br>Gentle                   | 10:00 am<br>Tonya<br>Level 1-2 | 10:00 am<br>Jane<br>Level 2 | 9:00 am<br>Martina<br>Level 2<br>**           |
|                                 |                                    | 12:00 pm<br>Jane<br>All Levels Quiet<br>Class | 12:00 pm<br>Martina<br>Level 2 |                             | 11:00 am<br>Lori<br>Community<br>(All Levels) |
|                                 |                                    | 4:00 pm<br>Tonya<br>Level 3<br>**             |                                |                             | SUN                                           |
| 5:30 pm<br>Annika<br>All Levels | 5:30 pm<br>Lori<br>Level 2<br>**   | 6:00 pm<br>Tonya<br>Level 1                   | 6:00 pm<br>Tonya<br>Level 2    |                             | 9:00 am<br>Martina<br>Level 2-3               |
|                                 |                                    |                                               |                                |                             | 11:30 am<br>Roberto<br>Gentle<br>**           |