

April 2016 Class Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
7:30a Yoga For All	9a Pilates Mat Class with Libertad	7a Five Animals Chi Kung	9a Pilates Mat Class with Libertad	7a Five-Animals-Chi Kung	10:30a Yoga with Chirayu	9:30a Yoga with Chirayu
8:30a Yoga with Chirayu		7:30a Yoga For All	10a Farmers Market	8a Tai Chi-Chi Kung (Tai Chi-Quan)		10a Farmers Market
9:30a Vinyasa Flow	10:30a Yoga with Chirayu	8a Tai Chi-Chi Kung (Tai Chi-Quan)	10:30a Yoga with Chirayu	8:30a Yoga with Chirayu		11a Vinyasa Flow
10a Off Site Farmers Market	10:30a Power Yoga	8:30a Yoga with Chirayu	10:30a Power Yoga	9:30a Vinyasa Flow		7:30p Yoga with Chirayu
11a Budokon Yoga	5:30p Salsa	9:30a Vinyasa Flow	6p Vinyasa Flow	11a Budokon Yoga		
6:30p Yin Yoga	7p Sri Sri Yoga	11a Budokon Yoga	6p Support Group for Family and Friends of People Who Have a Mental Illness	5p Wing Chun		
7:30p Yoga with Chirayu	7:30p Yoga with Chirayu	5p Wing Chun	6:30p Guided Meditation	6p Tai Chi		
		6p Prenatal Yoga	7:30p Yoga with Chirayu	7p Shaolin Kung Fu		
		6:30p Yin Yoga		7:30p Yoga with Chirayu		
		7p Ashtanga Yoga				
		7p Shaolin Kung Fu				
		7:30p Yoga with Chirayu				
3	4	5	6	7	8	9
7:30a Yoga For All	9a Pilates Mat Class with Libertad	7:30a Yoga For All	9a Pilates Mat Class with Libertad	8:30a Yoga with Chirayu	10:30a Yoga with Chirayu	10a Farmers Market
8:30a Yoga with Chirayu		8:30a Yoga with Chirayu	10a Farmers Market	9:30a Vinyasa Flow		11a Vinyasa Flow
9:30a Vinyasa Flow	10:30a Power Yoga	9:30a Vinyasa Flow	10:30a Yoga with Chirayu	11a Budokon Yoga		7:30p Yoga with Chirayu
10a Off Site Farmers Market	10:30a Yoga with Chirayu	11a Budokon Yoga	10:30a Yoga with Chirayu	7:30p Yoga with Chirayu		
11a Budokon Yoga	5:30p Salsa	6p Prenatal Yoga	10:30a Power Yoga			
6:30p Yin Yoga	7p Sri Sri Yoga	6:30p Yin Yoga	6p Support Group for Family and Friends of People Who Have a Mental Illness			
7:30p Yoga with Chirayu	7:30p Yoga with Chirayu	7p Ashtanga Yoga	6:30p Guided Meditation			
		7:30p Yoga with Chirayu	7:30p Yoga with Chirayu			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10	11	12	13	14	15	16
7:30a Yoga For All	9a Pilates Mat Class with Libertad	7:30a Yoga For All	9a Pilates Mat Class with Libertad	8:30a Yoga with Chirayu	10:30a Yoga with Chirayu	10a Farmers Market
8:30a Yoga with Chirayu		8:30a Yoga with Chirayu		9:30a Vinyasa Flow		11a Vinyasa Flow
9:30a Vinyasa Flow	10:30a Yoga with Chirayu	9:30a Vinyasa Flow	10a Farmers Market	11a Budokon Yoga		12p Guided Meditation
10a Off Site Farmers Market	10:30a Power Yoga	11a Budokon Yoga	10:30a Yoga with Chirayu	7:30p Yoga with Chirayu		7:30p Yoga with Chirayu
11a Budokon Yoga	5:30p Salsa	6p Prenatal Yoga	10:30a Power Yoga			
6:30p Yin Yoga	7p Sri Sri Yoga	6:30p Yin Yoga	6p Support Group for Family and Friends of People Who Have a Mental Illness			
7:30p Yoga with Chirayu	7:30p Yoga with Chirayu	7p Ashtanga Yoga	6:30p Guided Meditation			
		7:30p Yoga with Chirayu	7:30p Yoga with Chirayu			
17	18	19	20	21	22	23
7:30a Yoga For All	7:30a MYSORE CLASSES with KAZ CASTILLO	7a Five Animals Chi Kung	7:30a MYSORE CLASSES with KAZ CASTILLO	7a Five Animals Chi Kung	10:30a Yoga with Chirayu	10a Farmers Market
7:30a MYSORE CLASSES with KAZ CASTILLO	9a Pilates Mat Class with Libertad	7:30a MYSORE CLASSES with KAZ CASTILLO	9a Pilates Mat Class with Libertad	7:30a MYSORE CLASSES with KAZ CASTILLO		11a Vinyasa Flow
8:30a Yoga with Chirayu	10:30a Yoga with Chirayu	7:30a Yoga For All	10a Farmers Market	8a Tai Chi Chi Kung (Tai Chi Quan)		12p Guided Meditation
9:30a Vinyasa Flow	10:30a Power Yoga	8a Tai Chi Chi Kung (Tai Chi Quan)	10:30a Yoga with Chirayu	8:30a Yoga with Chirayu		7:30p Yoga with Chirayu
10a Off Site Farmers Market	5:30p Salsa	8:30a Yoga with Chirayu	10:30a Power Yoga	9:30a Vinyasa Flow		
11a Budokon Yoga	7p Sri Sri Yoga	9:30a Vinyasa Flow	6p Support Group for Family and Friends of People Who Have a Mental Illness	11a Budokon Yoga		
6:30p Yin Yoga	7:30p Yoga with Chirayu	11a Budokon Yoga	6:30p Guided Meditation	5p Wing Chun		
7:30p Yoga with Chirayu		5p Wing Chun	7:30p Yoga with Chirayu	6p Tai Chi		
		6p Tai Chi		7p Shaolin Kung Fu		
		6p Prenatal Yoga		7:30p Yoga with Chirayu		
		6:30p Yin Yoga				
		7p Ashtanga Yoga				
		7p Shaolin Kung Fu				
		7:30p Yoga with Chirayu				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26	27	28	29	30
7:30a Yoga For All	7:30a MYSORE CLASSES with KAZ CASTILLO	7a Five Animals Chi Kung	7:30a MYSORE CLASSES with KAZ CASTILLO	7a Five Animals Chi Kung	10:30a Yoga with Chirayu	10a Farmers Market
7:30a MYSORE CLASSES with KAZ CASTILLO	9a Pilates Mat Class with Libertad	7:30a MYSORE CLASSES with KAZ CASTILLO	9a Pilates Mat Class with Libertad	7:30a MYSORE CLASSES with KAZ CASTILLO		11a Vinyasa Flow
8:30a Yoga with Chirayu	10:30a Yoga with Chirayu	7:30a Yoga For All	10a Farmers Market	8a Tai Chi Chi Kung (Tai Chi Quan)		12p Guided Meditation
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7:30p Yoga with Chirayu		5p Wing Chun	7:30p Yoga with Chirayu	6p Tai Chi		
		6p Prenatal Yoga		7p Shaolin Kung Fu		
		6:30p Yin Yoga		7:30p Yoga with Chirayu		
		7p Ashtanga Yoga				
		7p Shaolin Kung Fu				
		7:30p Yoga with Chirayu				

Please note that the schedule is subject to change. To double-check, go to our online calendar:

<https://clients.mindbodyonline.com/classic/home?studioid=136466>

For more info, email us on we@nuncenter.com or call 0122-3980898