

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NEW YEARS DAY - CLOSED	2 12:00 PM Hot Express** - Kathy or Lou	3 4:30 PM Yin Hour** - Claire SC 6:30 PM PV* - Lou	4 6:30 AM PV Express** - Lou 9:30 AM Yin - Kathy or Claire SC 12:00 PM PV Express** - Lou 4:30 PM Hot Yoga Express** - NO CLASS 6:00 PM Hot Sampler* - Lou & Claire	5 12:00 PM Hot Express** - Lou 4:30 PM Hot Sampler*- Annie B 6:30 PM Yin - Christa	6 6:30 AM Hot Express**- Sandey 9:30 AM Hot Sampler* - NO CLASS 12:00 PM Yin Hour** - Claire SC 4:30 PM PV Level II** - NO CLASS 6:00 PM HHH** - Lou	7 7:30 AM Hot Express** - NO CLASS 9:30 AM PV* - Kathy or Lou 4:30 PM Hot - Zee
8 8:30 AM PV Express** - Sandey 10:30 AM Hot Yoga Sampler*- Lou & Claire 4:30 PM Yin - Claire SC 6:30 PM Yin Hour*** - NO CLASS	9 6:30 AM Hot Express** - Lou 9:30 AM PV* - Lou 12:00 PM Hot Express** - Angela 4:30 PM Hot Sampler* - NO CLASS 6:30 PM Hot - Kathy or Lou	10 6:30 AM Katya private 12:00 PM Hot Express** - Katya 4:30 PM Yin Hour** - Claire SC 6:30 PM PV* - Lou 8:00 PM Yin Hour** Sascha P	11 6:30 AM PV Express** - Lou 9:30 AM Yin - Kathy or Claire SC 12:00 PM PV Express** - Lou 4:30 PM Hot Yoga Express** - NO CLASS 6:00 PM Hot Sampler* - Marion	12 6:30 AM Katya private 10:00 AM Pregnancy - Claire W 12:00 PM Hot Express** - Lou 4:30 PM Hot Sampler*- Zee 6:30 PM Yin - Jane G	13 6:30 AM Hot Express**- Lou 9:30 AM Hot Sampler* - NO CLASS 12:00 PM Yin Hour** - Claire W 4:30 PM PV Level II** - NO CLASS 6:00 PM HHH** - Louise	14 7:30 AM Hot Express** - NO CLASS 9:30 AM PV* - Helen 4:30 PM Hot - Christa
15 8:30 AM PV Express** - Lou 10:30 AM Hot Yoga Sampler*- Marion 12:30 PM Pregnancy - Christa and Katya 1:45 PM Katya private 4:30 PM Yin - Claire SC 6:30 PM Yin Hour*** - NO CLASS	16 6:30 AM Hot Express** -Sandey 9:30 AM PV* - Kathy or Lou 12:00 PM Hot Express** - Claire W 4:30 PM Hot Sampler* - NO CLASS 6:30 PM Hot - Lou 8:15 PM Beginners Course - Lou	17 6:30 AM Katya private 12:00 PM Hot Express** - Sasha H 4:30 PM Yin Hour** - Claire SC 6:30 PM PV* - Lou 8:00 PM Yin Hour** - Jane G	18 6:30 AM PV Express** - Kathy or Lou 9:30 AM Yin - Claire W 12:00 PM PV Express** - Lou 4:30 PM Hot Yoga Express** - NO CLASS 6:00 PM Hot Sampler* - Helen	19 6:30 AM Katya private 10:00 AM Pregnancy - Claire W 12:00 PM Hot Express** - Lou 4:30 PM Hot Sampler*- Lou & Claire 6:30 PM Yin - Katya 8:15 PM Beginners Course - Lou	20 6:30 AM Hot Express**- Lou 9:30 AM Hot Sampler* - NO CLASS 12:00 PM Yin Hour** - Rebekah 4:30 PM PV Level II** - NO CLASS 6:00 PM HHH** - Claire W	21 Goals Workshop - 2-3.30pm 7:30 AM Hot Express** - NO CLASS 9:30 AM PV* - Helen 4:30 PM Hot - Christa
22 8:30 AM PV Express** - Lou 10:30 AM Hot Yoga Sampler*- Kathy or Lou 12:30 PM Pregnancy - Rachel 4:30 PM Yin - Claire SC 6:30 PM Yin Hour*** - NO CLASS	23 Yoga Challenge Begins 6:30 AM Hot Express** - Lou 9:30 AM PV* - Katya 12:00 PM Hot Express** - Katya 4:30 PM Hot Sampler* - Claire W 6:30 PM Hot - Louise 8:15 PM Beginners Course - Lou	24 6:30 AM Katya private 12:00 PM Hot Express** - Claire W 4:30 PM Yin Hour** - Marion 6:30 PM PV* - Helen 8:00 PM Yin Hour** - Katya	25 6:30 AM PV Express** - Christa 9:30 AM Yin - Maria 12:00 PM PV Express** - Christa 4:30 PM Hot Yoga Express** - Louise 6:00 PM Hot Sampler* - Katya 8:00 PM Hot Express** - Jirayu	26 6:30 AM Yin Hour ** - Claire W 10:00 AM Pregnancy - Claire W 12:00 PM Hot Express** - Maria 4:30 PM Hot Sampler*- Christa 6:30 PM Yin - Jane 8:15 PM Beginners Course - Lou	27 6:30 AM Hot Express**- Lou 9:30 AM Hot Sampler* - Annie B 12:00 PM Yin Hour** - Claire & Lou 4:30 PM PV Level II** - Christa 6:00 PM HHH** - Lou	28 7:30 AM Hot Express** - Lou 9:30 AM PV* - Lou 4:30 PM Hot - Angela
29 PV Master Class: 1.45-3.45pm Teacher Event 10am-2pm 8:30 AM PV Express** - Marion 10:30 AM Hot Yoga Sampler*- Sandey 12:30 PM Pregnancy - Rachel 4:30 PM Yin - Theresa 6:30 PM Yin Hour*** - Rosie	30 Mantra & Meditation Course 8.15pm 6:30 AM Hot Express** - Marion 9:30 AM PV* - Maria 12:00 PM Hot Express** - Lou 4:30 PM Hot Sampler* - Sascha P 6:30 PM Hot - Theresa	31 6:30 AM Katya private 12:00 PM Hot Express** - Claire W 4:30 PM Yin Hour** - Claire SC 6:30 PM PV* Lou 8:00 PM Yin Hour** - Theresa	1 6:30 AM PV Express** 9:30 AM Yin 12:00 PM PV Express** 4:30 PM Hot Yoga Express** 6:00 PM Hot Sampler* 8:00 PM Hot Express**	2 Fiona's Birthday Mantra & Meditation Course 8:15pm 6:30 AM Yin Hour ** - 10:00 AM Pregnancy - Claire W 12:00 PM Hot Express** 4:30 PM Hot Sampler*- 6:30 PM Yin	3 6:30 AM Hot Express**- 9:30 AM Hot Sampler* 12:00 PM Yin Hour** 4:30 PM PV Level II** - Kathy 6:00 PM HHH**	4 7:30 AM Hot Express** 9:30 AM PV* 4:30 PM Hot