

JANUARY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
HAPPY NEW YEAR!! 10am - R - Michele 3pm-5pm 2HR MASTER CLASS w/ Robin must RSVP	10am - A - Heather 6:30pm - A - Jenna 8pm - 2 - Sheryl		10am - A - Heather 6:30pm - C - Michele 8pm - 2 - Robin	8:45am - P - Heather 5pm - Kids - Heather	6am-7am - A - Linda 6pm-8:45pm - YTT 9pm - A - Regina CONTACT YOGA	10am - A - Regina 10am-6pm - YTT
10am - 2 - Sheryl 10am-6pm - YTT	10am - A - Heather 6:30pm - A - Jenna 8pm - 2 - Sheryl	10	11	12	13	14
		6:30pm - A - Robin 8pm - 1 - Kelly	10am - A - Heather 6:30pm - C - Lori 8pm - 2 - Robin	8:45am - P - Heather 5pm - Kids - Heather	6am-7am - A - Becky 6pm-8:45pm - Prenatal TT 9pm - A - Jenna CHAKRA YOGA	10am - A - Heather PRENATAL TT w/ Heather 10am-6pm HUMAN ENERGY
15	16	17	18	19	20	21
10am - 2 - Sheryl 10am-6pm PRENATAL TT Heather Simonson	10am - A - Heather 6:30pm - A - Jenna 8pm - 2 - Sheryl	10am-2pm - YTT 6:30pm - A - Robin 8pm - 1 - Kelly	10am - A - Robin 10am-2pm - YTT 6:30pm - C - Karen 8pm - 2 - Robin	8:45am - P - Heather 10am-2pm - YTT 5pm - Kids - Heather	6am-7am - A - Linda 10am - A - Regina 10am-2pm - YTT 6pm-8:45pm - YTT 9pm - R - Kathy	10am - A - Regina 10am-6pm - YTT 6:30pm-8:30pm - A - Heather A TASTE of TANTRA
10am - 2 - Sheryl 10am-6pm - YTT	23	24	25	26	27	28
	10am - A - Jen 10am-2pm - YTT 6:30pm - A - Jenna 8pm - 2 - Sheryl	10am-2pm - YTT 6:30pm - A - Robin 8pm - 1 - Kelly	10am - A - Lauren 10am-2pm - YTT 6:30pm - C - Rita-Marie 8pm - 2 - Robin	8:45am - P - Heather 10am-2pm - YTT 5pm - Kids - Heather	6am-7am - A - Becky 10am - A - Regina 10am-2pm - YTT 6pm-8:45pm - Trauma 9pm - A - Michele HIP OPENERS	10am - A - Regina 10am-6pm TRAUMA TRAINING
29	30	31	~ LEGEND ~ A = All Levels, 1 = Beg/Int, 2 = Int/Adv, P = Prenatal, R = Restorative C = COMMUNITY CLASS - Pay by donation NOT included in unlimited packages - Register w/ Heather: 631.478.7301 NEW CLASS or INSTRUCTOR TRAINING'S and WORKSHOPS			
10am - 2 - Sheryl 10am-6pm TRAUMA TRAINING	10am - A - Jen 10am-2pm - YTT 6:30pm - A - Jenna 8pm - 2 - Sheryl	10am-2pm - YTT 6:30pm - A - Robin 8pm - 1 - Kelly				
~ NEW PRICING POLICY ~						
<p>SPECIAL OFFER = Bring a new student to the school and receive 1-FREE class</p> <p>2-Weeks Unlimited = \$20 (New Students Only)</p> <p>Drop-In Classes = \$12</p> <p>10-Class Card = \$100 (\$10 per class)</p> <p>Monthly Unlimited - \$89</p>						
<p>ALL yoga classes are in the VINYASA style and 75-minutes unless otherwise noted.</p> <p>QUESTIONS or CONCERNS please call ROBIN APPEL at 631.235.5307 or email info@always-at-aum.com</p>						