







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Welcome to the Anima Interna yoga family! We keep our class sizes small and our posture sequences user friendly for ALL levels of experience.</p> <p>Individual class drop in rate : \$15 3 Pack : \$40 5 Pack : \$70 10 Pack \$90 MONTHLY UNLIMITED PASS : \$110</p>						
02 	03 Hatha 101 10AM - 11AM Mellow Flow 5:30PM - 6:30PM	04 Revive & Renew 12:30PM - 1:30PM Gentle Flow 6PM - 7PM	05 Power Express 11:15AM - 12PM Restorative Yoga 5:30PM - 6:30PM Yin & Meditation 6:40PM - 7:40PM	06 Stretch & Renew 12:30PM - 1:30 PM Hatha 101 6:30PM - 7:30PM	07 Yoga Basics 10AM - 11AM Gentle Flow 12PM - 1PM	01 Ashtanga 8:30AM - 9:30AM Yin Yoga 9:45AM - 10:45AM
09 	10 Hatha 101 10AM - 11AM Mellow Flow 5:30PM - 6:30PM	11 Revive & Renew 12:30PM - 1:30PM Gentle Flow 6PM - 7PM	12 Power Express 11:15AM - 12PM Restorative Yoga 5:30PM - 6:30PM Yin & Meditation 6:40PM - 7:40PM	13 Stretch & Renew 12:30PM - 1:30 PM Hatha 101 6:30PM - 7:30PM	14 Yoga Basics 10AM - 11AM Gentle Flow 12PM - 1PM	08 Ashtanga 8:30AM - 9:30AM Yin Yoga 9:45AM - 10:45AM
16	17 Hatha 101 10AM - 11AM Mellow Flow 5:30PM - 6:30PM	18 Revive & Renew 12:30PM - 1:30PM Gentle Flow 6PM - 7PM	19 Power Express 11:15AM - 12PM Restorative Yoga 5:30PM - 6:30PM Yin & Meditation 6:40PM - 7:40PM	20 Stretch & Renew 12:30PM - 1:30 PM Hatha 101 6:30PM - 7:30PM	21 Yoga Basics 10AM - 11AM Gentle Flow 12PM - 1PM	15 Ashtanga 8:30AM - 9:30AM Yin Yoga 9:45AM - 10:45AM
23 NATIONAL DOG TREAT DAY 	24 Hatha 101 10AM - 11AM Mellow Flow 5:30PM - 6:30PM	25 Revive & Renew 12:30PM - 1:30PM Gentle Flow 6PM - 7PM	26 Power Express 11:15AM - 12PM Restorative Yoga 5:30PM - 6:30PM Yin & Meditation 6:40PM - 7:40PM	27 Stretch & Renew 12:30PM - 1:30 PM POT LUCK BOOK CLUB 6PM The Five Love Languages 	28 Yoga Basics 10AM - 11AM Gentle Flow 12PM - 1PM	22 Ashtanga 8:30AM - 9:30AM Yin Yoga 9:45AM - 10:45AM

