

Yogi Way schedule 2008 (updated November 7th, 2008)

Monday	Class	Level	Instructor
7-8:15AM	Basic	All	Liz
12-1PM	Lunch Yoga	All	Dawn
5:30-7PM	Hatha Yoga	II	William
7:15-8:30PM	Intro Series	New to Yoga	Liz
Tuesday			
7-8:30AM	Vinyasa	II	Liz
9:30-10:45AM	Hatha Yoga	All	William
5:30-7PM	Hatha Yoga	I.5	Sean
7-8:30PM	Hatha Yoga	I	Dawn
Wednesday			
7-8:15AM	Basic	All	Liz
12-1PM	Lunch Yoga	All	Dawn
5:30-7PM	Hatha Yoga	II	William
7:15-8:30PM	Intro Series	New to Yoga	William
Thursday			
7-8:30AM	Vinyasa	II	Liz
9:30-10:45AM	Hatha Yoga	All	William
5:30-7PM	Hatha Yoga	I.5	Sean
7-8:30PM	Hatha Yoga	I	Dawn
Friday			
9:30-11AM	Vinyasa	II-III	Sean
12-1PM	Lunch Yoga	All	Dawn
6-7:30PM	Hatha Yoga	I-II	William
Saturday			
7-8:15AM	Vinyasa	All	Dawn
9:30-10:45AM	Basic / Intro	Beginners	Sean
11-12:30PM	Hatha Yoga	I.5	Sean
Sunday			
9:30-11AM	Vinyasa	II-III	Sean
3:30-4:30PM	Teen Yoga (pre-registration)	All	Liz
5-6:30PM	Hatha Yoga	I-II	William
7-8PM	Community (free/donation)	All	Liz

Yogi Way 1421 N. 34th Street, #A, Sea WA 98103 (206) 925-YOGA