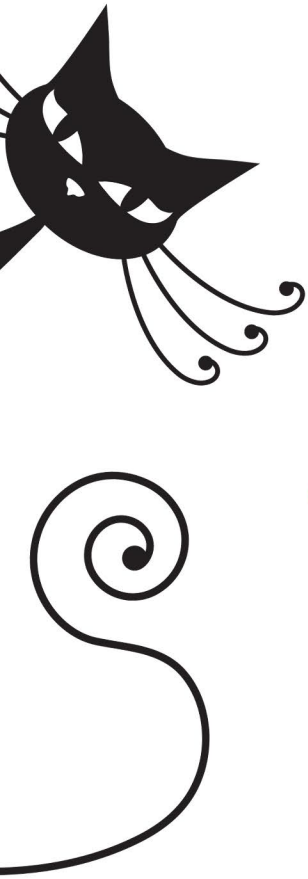
BLACK CAT YOGA SCHEDULE

Schedule subject to change. Please check our website for the most up-to-date class schedule and information.



MONDAY:	CLASS DESCRIPTION:
10:00 - 11:00 am	Yoga and Meditation
6:30 - 7:30 pm	Mixed Levels Vinyasa

TUESDAY:	CLASS DESCRIPTION:
9:30 - 10:30 am	Good Morning Yoga
6:30 - 7:30 pm	Mixed Levels Vinyasa

WEDNESDAY:	CLASS DESCRIPTION:
6:00 - 7:00 am	Sunrise Yoga
10:00 - 11:15 am	Relax and Restore
5:00 - 6:00 pm	Yoga and Meditation
6:30 - 7:30 pm	Yin Yoga

THURSDAY:	CLASS DESCRIPTION:
9:30 - 10:30 am	Good Morning Yoga
6:30 - 7:30 pm	Mixed Levels Vinyasa

FRIDAY:	CLASS DESCRIPTION:
10:00 - 11:00 am	Yoga and Meditation
6:30 - 7:45 pm	Yoga and Sound Meditation

SATURDAY:	CLASS DESCRIPTION:
9:00 - 10:15 am	Mixed Levels Vinyasa

SUNDAY:	
	Closed