

# studio **BLISS** ann green yoga - SUMMER 2012 SCHEDULE

Ann honours the need to cancel class (day of) due to inclement weather and unexpected illness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>	7:00-8:15 Lava Yoga™			7:00-8:15 Lava Yoga™		8:00-9:15 Hatha Flow	9:00-10:15 Lava Yoga™
	9:15-10:30 Hatha Vinyasa Flow	9:15-10:30 Lava Yoga™  9:15-10:30 Hatha Vinyasa Flow	9:15-10:30 Hatha Vinyasa Flow  10:45-11:45am Yoga for Round Bodies**	9:15-10:30 Hatha Vinyasa Flow	9:15-10:30 Hatha Vinyasa Flow	9:30-10:45 KiDS BLISS YOGA	9:00-10:15 Primary Series Ashtanga <b>STARTS May 28!</b>
<b>AFTERNOON</b>		11:45-12:00 Lava Yoga™  11:15-12:15 BLISS Babies  2:30-3:30pm Yoga for Round Bodies**	12:05-12:55 Yoga 2 Go	4:00-5:00 KiDS BLISS YOGA		9:30-10:45 Lava Yoga™  11-12noon Prenatal Yoga	10:00-11:00 Yoga Warriors  11:15-12:30 Hatha Vinyasa Flow for Happy Hips
		5:15-6:30 Hatha Flow		5:15-6:30 Hatha Vinyasa Flow		1:00-2:00pm MECCA Muay Thai**	7:00pm Summer Season YIN <b>STARTS in June!</b>
<b>EVENING</b>	5:30-6:30 KIKASANA™	5:30-6:30 The Long Hot Stretch!	5:30-6:30 KIKASANA™	5:15-6:15 Suspended Yoga			
	6:00-7:15 Ashtanga Build	6:15-7:30 Prenatal Yoga	6:15-7:15 Yoga Warriors	5:30-6:30 Yoga for Round Bodies**			
	6:45-8:00 Full on lavalicious!	6:45-8:00 Lava Yoga™	6:45-8:00 Warm Lava Yoga	6:45-7:45 Slow Flow Yoga			
	7:00-8:15 Vinyasa Flow	7:00-8:30 Hatha Vinyasa Flow	7:00-8:45 Full on Flow! + Meditation	6:45-8:00 Lava Yoga™			
	8:30-9:30 Sweet Short Surrender Restorative <i>(Pre-registration required)</i>	7:30-8:30pm MECCA Muay Thai**	7:30-8:30pm MECCA Muay Thai**	7:00-8:00pm MECCA Muay Thai**			
				7:45-9:00 Restorative Yoga <i>(Pre-registration required)</i>			

\*\* EXTRA charge program (not inclusive) studio BLISS does not accept payments on behalf of:

Kelly Patterson McGrath - Pilates Fitness  
Bev - Yoga for Round Bodies  
Nicole - Yoga Warriors  
Edward - Mecca Muay Thai

*Each of these programs are separate from your yoga membership.*

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**BLISS**  
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