

# the starfish studio

Winter/Spring - 2016/2017  
OCT 1, 2016 - APR 30, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>Yoga for Strength</b> 8:30 - 9:30 am Josey Slater
	<b>Hatha Yoga</b> 9:30 - 10:30 am Brenda Blakely	<b>Restorative Yoga</b> 9:30 - 10:30 am Brenda Blakely	<b>Intuitive Yoga</b> 9:30 - 10:30 am Helen Pattinson	<b>Hatha Yoga</b> 9:30 - 10:30 am Josey Slater	<b>Good Morning Yoga</b> 9:30 - 10:30 am Deb Karlstrom	
			<b>Yoga Bliss</b> 11:00 - 12:00 am Cindy Fort			<b>Gentle Flow Yoga</b> 10:00 - 11:00 am Josey Slater
<b>Sun Moon &amp; Stars Yoga</b> <i>90 minute class</i> 11:00 - 12:30 George McFaul					<b>Restorative Yoga</b> 11:00 - 12:00 pm Deb Karlstrom	
		<b>Brighter Than Sunshine Yoga</b> 5:00 - 6:00 pm Leza Bygrove	<b>Restorative Yoga</b> 4:30 - 5:30 pm Traci Skuce	<b>Stillness to Movement</b> 5:00 - 6:00 pm Leza Bygrove	<b>Gentle Yoga</b> 5:00 - 6:00 pm Traci Skuce	<b>Hatha Yoga</b> 5:00 - 6:00 pm George McFaul
	<b>Yoga &amp; Meditation</b> 6:00 - 7:00 pm Brenda Blakely					
		<b>Stretch &amp; Strength Fitness</b> 6:30 - 7:30 pm Anna Anderson		<b>Stretch &amp; Strength Fitness</b> 6:30 - 7:30 pm Anna Anderson	<b>Restorative Yoga</b> 6:30 - 7:30 pm Traci Skuce	<b>Restorative Yoga</b> 6:30 - 7:30 pm George McFaul

renewal

relaxation

inspiration

health

wellness

\*SCHEDULE SUBJECT TO CHANGE