



WEEKLY SCHEDULE

YOGA CLASSES FOR THE WEEK OF NOVEMBER 3-9

Theme for the week : Beginner's mind

MT	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
	9:00-9:50am CSI Student Yoga CSI Gym 304 August 18-Dec 10	9:00-9:50am Lifelong Yoga CSI Gym231-A August 19-December 11 only \$65 for the whole semester call Kim to sign up at 208-732-6855 10:00-10:50am Lifelong Yoga CSI Gym231-A August 19-December 11 only \$65 for the whole semester call Kim to sign up at	9:00-9:50am CSI Student Yoga CSI Gym 304 August 18-Dec 10	9:00-9:50am Lifelong Yoga CSI Gym231-A August 19-December 11 only \$65 for the whole semester call Kim to sign up at 208-732-6855 10:00-10:50am Lifelong Yoga CSI Gym231-A August 19-December 11 only \$65 for the whole semester call Kim to sign up at			
AM							
PM	5:30-6:20pm Lifelong Yoga CSI Gym 304 August 18-December 10 only \$65 for the whole semester call Kim to sign up at 208-732-6855 6:30-7:20pm Inside Flow Basics CSI Gym 304 Special Inside Flow Open House! come try it and bring a friend!	208-732-6855 12:00 noon-1:00pm Private Client Yoga	5:30-6:20pm Lifelong Yoga CSI Gym 304 August 18-December 10 only \$65 for the whole semester call Kim to sign up at 208-732-6855	208-732-6855			