

# three dog YOGA

## DECEMBER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.30-7.30a /POWER	6.30-7.30a /POWER	6.30-7.30a /POWER	6.30-7.30a /POWER	6.30-7.30a /JAM		
	9-10.15a /POWER	9-10a /FLOW	9-10.15a /POWER	9-10a /FLOW	9-10a /JAM	8-9.15a /POWER	8.45-9.45a /FLOW
	10.30-11.30a /RENEW	10.15-11.00a /FLOW	10.30-11.30a /RENEW	10.15-11.00a /FLOW	10.30-11.30a /RENEW	10-11a /FLOW	10-11.15a /FLOW
	11.45-12.45p /FLOW		11.45-12.45p /FLOW		11.45-12.45p /FLOW	11.15-12.15p /RENEW	
	4.30-5.30p /FLOW	4.30-5.30p /FLOW	4.30-5.30p /FLOW	4.30-5.30p /FLOW	4.30-5.30p /FLOW		
	5.45-7p /POWER	5.45-6.45p /FLOW	5.45-7p /POWER	5.45-6.45p /FLOW	5.45-6.45p /JAM		
		7-8p /RENEW	7.15-8.15p /DEEP	7-8p /RENEW			