

Serenity Now Yoga - 419 Hibben St. Mount Pleasant SC 843.849.0445 -- Weekly Schedule for February 2012

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
9:00 - 10:00 AM <u>Beginner</u> Tricia Wylie	8:30 - 9:30 AM <u>Beat the Monday Blues</u> <u>Yoga</u> Jordan Anderson		8:30 - 9:45 AM <u>Beg/Inter</u> Tricia Wylie		8:30 - 9:45 AM <u>Beg/Inter</u> Noele Pace	9:00 - 10:15 AM <u>Intermediate</u> Noele Pace
10:30 - 11:15 AM <u>Short, Sweet & Sweaty (donation)</u> Tricia Wylie	10:00 - 11:00 AM <u>Beginner</u> Hannah Hipps	10:00 - 11:00 AM <u>Gentle</u> Jordan Anderson	10:00 - 11:00 AM <u>Beginner</u> Stacy Gervon	10:00 - 11:00 AM <u>Gentle</u> Tricia Wylie	10:00 - 11:00 AM <u>Beginner</u> Noele Pace	10:30 - 11:30 AM <u>Beginner</u> Noele Pace
		10:30 - 11:45 AM <u>Beg/Inter</u> Suzanne Hancock	10:30 - 11:45 AM <u>Yin Yoga</u> Tricia Wylie	10:30 - 11:45 AM <u>Beg/Inter</u> Stacy Gervon	10:30 - 11:45 AM <u>Intermediate</u> Tricia Wylie	
	11:15 - 11:45 AM <u>Free Meditation</u> Hannah Hipps				11:15 - 11:45 AM <u>Free Meditation</u> Noele Pace	
3:00 - 4:00 PM <u>Gentle</u> Doryjane Birrer					12:00 - 1:00 PM <u>Relax & Renew</u> Tricia Wylie	
5:00 - 6:15 PM <u>Intermediate</u> Tricia Wylie			5:00 - 6:15 PM <u>Ashtanga Vinyasa</u> <u>Inspired Flow</u> Tricia Wylie			
	6:00 - 7:00 PM <u>Prenatal</u> Darragh Dunleavy	6:00 - 7:00 PM <u>Beginner</u> Jaime DeBiasse	6:00 - 7:00 PM <u>Beginner</u> Noele Pace			
	6:30 - 7:30 PM <u>All Levels</u> Noele Pace	6:30 - 7:45 PM <u>Beg/Inter</u> Noele Pace	6:30 - 7:45 PM <u>Deep Stretch</u> Tricia Wylie	6:30 - 7:30 PM <u>Beginner</u> Tricia Wylie		