



THE SHALA - ASTANGA YOGA STUART

Schedule

January 30 – Feb 4, 2017



THE SHALA - ASTANGA YOGA STUART

Schedule

February 6 - 11, 2017

MONDAY	Mysore	8:30-11:00 am
30		
TUESDAY	Mysore	8:30-11:00 am
31	Semi-private class*	5:30-7:00 pm
WEDNESDAY	Mysore (own)**	8:30-11:00 am
1		
THURSDAY	Mysore	8:30-11:00 am
2	Semi-private class*	5:30-7:00 pm
FRIDAY	Mysore	8:30-9:15 am
3	Led Primary	9:15-11:00 am
SATURDAY	Mysore	8:30-11:00 am
4		

**Semi Private Class: must pre-register for class by 12pm that day*

***Wed: begin practice when you arrive; Danielle will be in after 9:30*

MONDAY	Mysore	8:30-11:00 am
6		
TUESDAY	Mysore	8:30-11:00 am
7	Semi-private class*	5:30-7:00 pm
WEDNESDAY	Mysore (own)**	8:30-11:00 am
8		
THURSDAY	Mysore	8:30-11:00 am
9	Semi-private class*	5:30-7:00 pm
FRIDAY	MOON Day	Astangis take rest
10		
SATURDAY	Mysore	8:30-11:00 am
11		

**Semi Private Class: must pre-register for class by 12pm that day*

***Wed: begin practice when you arrive; Danielle will be in after 9:30*

The Shala | 417 SW California Ave., Stuart, FL 34994

772-233-2708 | astangayogastuart@gmail.com Schedule subject to possible change



THE SHALA - ASTANGA YOGA STUART

Schedule

February 13 - 18, 2017

MONDAY	Mysore	8:30-11:00 am
13		
TUESDAY	Mysore	8:30-11:00 am
14	Semi-private class*	5:30-7:00 pm
WEDNESDAY	Mysore (own)**	8:30-11:00 am
15		
THURSDAY	Mysore	8:30-11:00 am
16	Semi-private class*	5:30-7:00 pm
FRIDAY	Mysore	8:30-9:15 am
17	Led Primary	9:15-11:00 am
SATURDAY	Mysore	8:30-11:00 am
18		

**Semi Private Class: must pre-register for class by 12pm that day*

***Wed: begin practice when you arrive; Danielle will be in after 9:30*



THE SHALA - ASTANGA YOGA STUART

Schedule

February 20 – 25, 2017

MONDAY	Mysore	8:30-11:00 am
20		
TUESDAY	Mysore	8:30-11:00 am
21	Semi-private class*	5:30-7:00 pm
WEDNESDAY	Mysore (own)**	8:30-11:00 am
22		
THURSDAY	Mysore	8:30-11:00 am
23	Semi-private class*	5:30-7:00 pm
FRIDAY	Mysore	8:30-9:15 am
24	Led Primary	
SATURDAY	Mysore	9:00-11:00 am
25		

**Semi Private Class: must pre-register for class by 12pm that day*

***Wed: begin practice when you arrive; Danielle will be in after 9:30*

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