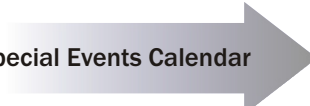


July 2009 Daily Program Schedule

Note: Intensity and style of each class vary depending on teacher's discretion.
Check instructor's biographies/class descriptions on our website.

	Instructor	Program Roots and Background	Time
Monday	Steff	Yoga Basics	7:00AM to 8:30AM
	Autumn	All Levels Flow Yoga	9:00AM to 10:30AM
	Malisa	Beginning Yoga	4:00PM to 5:15PM
	Geoff	Vinyasa Yoga	5:30PM to 6:45PM
	Maggie	All Levels Integrative Yoga	7:00PM to 8:15PM
Tuesday	Emily	All Levels Yoga	6:15AM to 7:30AM
	Steff	Ashtanga Primary Series	9:00AM to 10:30AM
	Emily	All Levels Yoga	4:00PM to 5:15PM
	Coach Ilg	High-Performance Yoga	5:30PM to 7:00PM
	Cody	Int/Adv Capoeira	7:15PM to 9:15PM
Wednesday	Steff	Yoga Basics	7:00AM to 8:30AM
	Joy	High-Performance Yoga	9:00AM to 10:30AM
	Malisa	Beginning Yoga	4:00PM to 5:15PM
	Geoff	Vinyasa Yoga	5:30PM to 6:45PM
	Maggie	All Levels Yin Yoga	7:00PM to 8:30PM
Thursday	Emily	All Levels Yoga	6:15AM to 7:30AM
	Steff	Ashtanga Primary Series	9:00AM to 10:30AM
	Coach Ilg	HP Yoga Prop Workout	5:30PM to 7:00PM
	Cody	Int/Adv Capoeira	7:15PM to 9:15PM
Friday	Steff	Yoga Basics	7:00AM to 8:30AM
	Autumn	All Levels Yoga	4:00PM to 5:15PM
	Cody	Beginning Capoeira	5:30PM to 6:30PM
Saturday	Geoff	Vinyasa Yoga	8:00AM to 9:15AM
Sunday	Geoff	Vinyasa Yoga	9:00AM to 10:30AM
	Maggie	All Levels Integrative Yoga	4:00PM to 5:15PM
	Maggie	All Levels Yin Yoga	5:30PM to 7:00PM

Contact us or check our website for changes in class schedules, substitutions, special events and for more information on our classes and instructors.

Special Events Calendar 

113 S. San Francisco St. Flagstaff, AZ 86001
928-774-3144
www.northernarizonayogacenter.com
info@northernarizonayogacenter.com



July 2009 Special Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Independence Day Closed for Holiday
5	6	7	8	9	10 Capoeira Roda 6:30-7:30pm	11 Family Yoga 11:30am
12 Thai Yoga Free Demo 2:30pm	13	14	15	16	17	18
19	20	21	22	23	24 Capoeira Roda 6:30-7:30pm	25 Prenatal Workshop 11:30am-1:30pm
26 Parents' Day Thai Yoga Workshop 11:00am	27	28	29	30	31	

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Daily Program
Schedule on back

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