

HAF Yoga Schedule					
Start Time	End Time	Studio B	Teacher	Studio A	Teacher
9:00 AM	10:15 AM	Health 1	Stephanie	Vinyasa 2	Stephen
10:30 AM	11:45 AM	Chair	Stephen	Vinyasa 1	Stephanie
12:00 PM	1:15PM	Restore	Julie	Hatha 2	Liz
1:30PM	2:45 PM	Ayurvedic	Bonnie	Health 2	Julie
3:00PM	4:15PM	Ayurvedic	Bonnie	Yin	Liz

Service Schedule			
		Acupuncture	Massage
9:00 AM	12:00 PM	Heather	Caitlin
1:00 PM	4:00 PM	Alethea	TBA