

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
May 2008 Class Schedule PRINTABLE VERSION <GO BACK			8:00-9:00am St. Pius Parish Life Center , Yarmouth (Hatha - Beginners Welcome) 5:30-6:30pm Health First Chiropractic, Yarmouthport (Hatha - Beginners Welcome)	7:15-8:15am The Yoga Center of Cape Cod , Dennis (Hatha moderate Flow with NO HEAT) 9:00-10:00am Fit N' Run , Austin Rd, Harwich (Hatha - All Levels Welcome) 6:00-7:30pm The Yoga Center of Cape Cod , Dennis (Hatha moderate Flow with NO HEAT)	9:30-10:45am The Studio 700 Main Street Hyannis (Power Vinyasa, warm room)	
5	6	7	8	9	10	11
6:15-7:30pm Fit N' Run , Austin Rd, Harwich (Hatha- All Levels Welcome)	7:15-8:15am. NEW CLASS at The Yoga Center of Cape Cod Dennis. Moderate Flow. (NO HEAT) 3:15-4:15pm DY High School Hatha/Restorative. (NO HEAT)	9:30am- 10:45am Centerville Yoga and Wellness Center (Power Vinyasa Flow-warm room) 4:15-5:15pm Cape Heritage Skilled Nursing and Rehabilitation Center (Hatha) Community welcome. FREE to the public. 6:00-7:00pm Sandwich Community School (HathaFlow Yog). Beginners welcome. Register w/ the school, please	8:00-9:00am St. Pius Parish Life Center , Yarmouth (Hatha - Beginners Welcome) 5:30-6:30pm Health First Chiropractic, Yarmouthport (Hatha - Beginners Welcome)	7:15-8:15am The Yoga Center of Cape Cod , Dennis (Hatha moderate Flow with NO HEAT) 9:00-10:00am Fit N' Run , Austin Rd, Harwich (Hatha - All Levels Welcome) 6:00-7:30pm The Yoga Center of Cape Cod , Dennis (Hatha moderate Flow with NO HEAT)	9:30-10:45am The Studio 700 Main Street Hyannis (Power Vinyasa, warm room)	
12	13	14	15	16	17	18
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26	27	28	29	30	31	
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the moving meditation



with Maureen Hammett

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