

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9 AM GENTLE - KAREN 10 AM HATHA - KAREN 6 PM PILATES - DEBBIE 7 PM HATHA - AIMEE	2 7 AM HATHA - ELISE 9 AM HATHA - AIMEE 6 PM HATHA - JEN 7:30 PM FUSION - JEN	3 9 AM GENTLE - JEN 10 AM HATHA - JEN 6 PM BELLYDANCE - IONA 7 PM KINDLE YOGA - JEN	4 Independence Day  Classes Cancelled	5 8 AM PILATES - DEBBIE 9 AM HATHA - AIMEE
6 9:30 AM KINDLE YOGA 11 AM LOUNGING LOTUS W/MELISSA	7 9 AM HATHA - AIMEE 6 PM VINYASA FLOW - MELISSA 7:30 PM HATHA BASICS - KAREN	8 9 AM GENTLE - KAREN 10 AM HATHA - KAREN 6 PM PILATES - DEBBIE 7 PM HATHA - AIMEE	9 7 AM HATHA - ELISE 9 AM HATHA - AIMEE 6 PM HATHA - JEN 7:30 PM FUSION - JEN	10 9 AM GENTLE - JEN 10 AM HATHA - JEN 6 PM BELLYDANCE - IONA 7 PM KINDLE YOGA - JEN	11 7 AM HATHA - ELISE 9 AM HATHA - AIMEE	12 8 AM PILATES - JEN ¹ 9 AM HATHA - KAREN 10:30 AM INTRO TO YOGA W/KAREN
13 9:30 AM KINDLE YOGA 11 AM LOUNGING LOTUS W/MELISSA	14 9 AM HATHA - AIMEE 6 PM VINYASA FLOW - MELISSA 7:30 PM HATHA BASICS - KAREN	15 9 AM GENTLE - KAREN 10 AM HATHA - KAREN 6 PM PILATES - DEBBIE 7 PM HATHA - AIMEE	16 7 AM HATHA - ELISE 9 AM HATHA - AIMEE 6 PM HATHA - JEN 7:30 PM FUSION - JEN	17 9 AM GENTLE - JEN 10 AM HATHA - JEN 6 PM BELLYDANCE - IONA 7 PM KINDLE YOGA - JEN	18 7 AM HATHA - ELISE 9 AM HATHA - AIMEE	19 8 AM PILATES - DEBBIE 9 AM HATHA - ELISE
20 9:30 AM KINDLE YOGA 11 AM LOUNGING LOTUS W/MELISSA	21 9 AM HATHA - AIMEE 6 PM VINYASA FLOW - MELISSA 7:30 PM HATHA BASICS - KAREN	22 9 AM GENTLE - KAREN 10 AM HATHA - KAREN 6 PM PILATES - DEBBIE 7 PM HATHA - AIMEE	23 7 AM HATHA - ELISE 9 AM HATHA - AIMEE 6 PM HATHA - JEN 7:30 PM FUSION - JEN	24 9 AM GENTLE - JEN 10 AM HATHA - JEN 6 PM BELLYDANCE - IONA 7 PM KINDLE YOGA - JEN	25 7 AM HATHA - ELISE 9 AM HATHA - AIMEE	26 8 AM PILATES - JEN ¹ 9 AM HATHA - JEN 11 AM - 6 PM POLARITY BALANCING W/MARUTI SEIDMAN
27 Parents' Day 9 AM - 4 PM POLARITY BALANCING W/MARUTI SEIDMAN²	28 9 AM HATHA - AIMEE 6 PM VINYASA FLOW - MELISSA 7:30 PM HATHA BASICS - KAREN	29 9 AM GENTLE - KAREN 10 AM HATHA - KAREN 6 PM PILATES - DEBBIE 7 PM HATHA - AIMEE	30 7 AM HATHA - ELISE 9 AM HATHA - AIMEE 6 PM HATHA - JEN 7:30 PM FUSION - JEN	31 9 AM GENTLE - JEN 10 AM HATHA - JEN 6 PM BELLYDANCE - IONA 7 PM KINDLE YOGA - JEN		

Notes:

- 1 Please note that Jen will be teaching this class instead of Debbie, the regularly scheduled instructor
- 2 Please note that due to a previously scheduled workshop, Sunday classes are cancelled

4413 Chastant St
Metairie LA 70006

504-302-9264
www.tapasyoga.net