



## STUDIO SCHEDULE

COLOR CODE	Jim and Thérèse	Jean Fraser: Soma Yoga	3-Little Yogis: Kundalini	OPEN
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Meditation	Meditation	Meditation	Meditation	Meditation		
7:30 AM							
8:00 AM	CLEANING	Soma Yoga		OPEN	OPEN		OPEN
		Individual appointments				8:30-10:00 AM	
9:00 AM	CLEANING	9:15-10:45 AM	9:15-10:45 AM			Soma Yoga	
	OPEN	Soma Yoga	Soma Yoga				10:00-11:30 AM
11:00 AM		Thérèse/ Jim Individual appointments				10:30AM-12:00 Meditation	3-Yogis Kundalini
12:00 Noon			OPEN			OPEN	OPEN
1:00 PM							
4:00 PM							
5:30 PM	5:30-6:30 PM	OPEN	5:30-6:45 PM	5:30-6:45 PM	5:30-6:30 PM		
	3-Yogis Kundalini		3-Yogis Kundalini	3-Yogis Kundalini	3-Yogis Kundalini		
7:00 PM	12-Steps and Buddhism		OPEN	7:15-9:00 PM Meditation			
9:00 PM							