

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					day 30	30
						day 31
						31
						10:30am-Noon GGNH
						Level 1-2
day 32	1	day 33	2	day 34	3	day 35
						4
						5
						6
						7
						10:30am-Noon GGNH
						Level 1-2
						2-4pm WFY
						WS: Creative Vinyasa
day 39	8	day 40	9	day 41	10	day 42
						11
						12
						13
						14
						10:30am-Noon GGNH
						Partner Yoga 2
day 46	15	day 47	16	day 48	17	day 49
						18
						19
						20
						21
						10:30am-Noon GGNH
						Level 1-2
day 53	22	day 54	23	day 55	24	day 56
						25
						26
						27
						28
						10:30am-Noon GGNH
						Level 1-2
						7:00-8:30pm GGNH
						Level 1-2
						5:45pm-6:45pm GGNH
						Gentle Yoga
						7:00-8:30pm GGNH
						Hip Openers

notes: Partner Yoga for Valentine's Day! Level 1 on the 11th at 5:45pm and Level 2 on the 14th at 10:30am. Sign up at the front desk of GGNH.

Also, join Marianne on February 7th for 2 hours of Creative Vinyasa at Wake Forest Yoga!

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ADV = Advanced Class | WS = Workshop | GGNH = Gold's Gym North Hills | GGPV = Gold's Gym Pleasant Valley | WFY = Wake Forst Yoga