

| Yoga on 6th 2010 Spring | | | | | | | | | | | |
|-------------------------|----------------|-------------|---------------|-----------------|-------------|--|--|--|--|--|--|
| Week 1 | October | Time | Week 5 | November | Time | | | | | | |
| Sunday | 3 | 9am-6pm | Sunday | 31 | 9am-6pm | | | | | | |
| Monday | 4 | 6pm-9pm | Monday | 1 | 6pm-9pm | | | | | | |
| Tuesday | 5 | 6pm-11pm | Tuesday | 2 | 6pm-11pm | | | | | | |
| Wednesday | 6 | 6pm-9pm | Wednesday | 3 | 6pm-9pm | | | | | | |
| Thursday | 7 | 6pm-11pm | Thursday | 4 | 6pm-11pm | | | | | | |
| Friday | 8 | OFF | Friday | 5 | OFF | | | | | | |
| Saturday | 9 | 9am-12pm | Saturday | 6 | 9am-12pm | | | | | | |
| YO6th Classes | | | | | | | | | | | |
| Week 2 | October | Time | Week 6 | November | Time | | | | | | |
| Sunday | 10 | 9am-6pm | Sunday | 7 | 9am-6pm | | | | | | |
| Monday | 11 | 6pm-9pm | Monday | 8 | 6pm-9pm | | | | | | |
| Tuesday | 12 | 6pm-11pm | Tuesday | 9 | 6pm-11pm | | | | | | |
| Wednesday | 13 | 6pm-9pm | Wednesday | 10 | 6pm-9pm | | | | | | |
| Thursday | 14 | 6pm-11pm | Thursday | 11 | 6pm-11pm | | | | | | |
| Friday | 15 | OFF | Friday | 12 | Graduation! | | | | | | |
| Saturday | 16 | 9am-12pm | | | | | | | | | |
| Week 3 | October | Time | Week 7 | | Time | | | | | | |
| Sunday | 17 | 9am-6pm | | | | | | | | | |
| Monday | 18 | 6pm-9pm | | | | | | | | | |
| Tuesday | 19 | 6pm-11pm | | | | | | | | | |
| Wednesday | | 6pm-9pm | | | | | | | | | |
| Thursday | | 6pm-11pm | | | | | | | | | |
| Friday | 22 | OFF | | | | | | | | | |
| Saturday | 23 | 9am-12pm | | | | | | | | | |
| Week 4 | October | Time | | | | | | | | | |
| Sunday | 24 | 9am-6pm | | | | | | | | | |
| Monday | 25 | 6pm-9pm | | | | | | | | | |
| Tuesday | 26 | 6pm-11pm | | | | | | | | | |
| Wednesday | 27 | 6pm-9pm | | | | | | | | | |
| Thursday | 28 | 6pm-11pm | | | | | | | | | |
| Friday | 29 | OFF | | | | | | | | | |
| Saturday | 30 | 9am-12pm | | | | | | | | | |

Weekly Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|----------|----------------|----------|----------------|----------|--------|----------------|
| 9:00 | Practice | | | | | | Practice |
| 10:00 | | | | | | | |
| 11:00 | Method | | | | | | Practice Teach |
| 12:00 | | | | | | | |
| 1:00 | Lunch | | | | | | |
| 2:00 | Method | | | | | | |
| 3:00 | | | | | | | |
| 4:00 | | | | | | | |
| 5:00 | | | | | | | |
| 6:00 | | Practice | Practice | Practice | Practice | | |
| 7:00 | | | | | | | |
| 8:00 | | Practice Teach | Dinner | Practice Teach | Dinner | | |
| 9:00 | | | PHL | | ANATOMY | | |
| 10:00 | | | | | | | |
| 11:00 | | | | | | | |
| 12:00 | | | | | | | |