



YOGASMITH

**PORTSMOUTH
STUDIO
Fall 2018**

Portsmouth Class Schedule: Sept 1st – Dec 31st, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am All Levels Martha		6:00am Level 2 Nathan		6:00am All Levels Kacy	8:00am Level 2 Martha	
9:15am All Levels Elizabeth	9:15am Level 2 Kate	9:15am All Levels Shelly	9:15am All Levels Ankati	9:15am Level 2 Kacy	9:30am All Levels Martha	9:00am Level 2 Ankati
11:30pm Gentle Becky		12:00pm All Levels Shelly				10:30am All Levels Ankati
5:30pm All Levels/Slow Lauren	5:30pm Level 2 Ankati	5:30pm All Levels Karyn	5:30pm All Levels Shelly			
7:00pm Power (Lev 2) Lauren	7:00pm All Levels Ankati					

Studios are closed the SECOND WEEKEND OF EACH MONTH

(Sept 8-9, Oct 13-14, Nov 10-11, Dec 8-9) as well as Labor Day, Thanksgiving, and Christmas