



# Yoga Underground April Schedule

SUN	MON	TUES	WED	THUR	FRI	SAT
			<b>1</b> <b>9:45-11:45</b> <b>Westcoast</b> <b>Flow® (4-5)</b>	<b>2</b> <b>6:00-7:30</b> <b>Westcoast</b> <b>Flow® (A)</b>	<b>3</b> <b>9:45-11:45</b> <b>Primary</b> <b>Series (3)</b>	<b>4</b> <b>CLOSED</b> for spring break
<b>5</b> <b>CLOSED</b> for spring break	<b>6</b> <b>CLOSED</b> for spring break	<b>7</b> <b>CLOSED</b> for spring break	<b>8</b> <b>CLOSED</b> for spring break	<b>9</b> <b>CLOSED</b> for spring break	<b>10</b> <b>CLOSED</b> for spring break	<b>11</b> <b>CLOSED</b> for spring break
<b>12</b> <b>CLOSED</b> for spring break	<b>13</b> <b>CLOSED</b> for spring break	<b>14</b> <b>6:00-7:30</b> <b>Ashtanga</b> <b>Prep (2)</b>	<b>15</b> <b>9:45-11:45</b> <b>Westcoast Flow®</b> <b>(4-5)</b>  <b>6:00-7:30pm</b> <b>Intro to</b> <b>Ashtanga(1)</b>	<b>16</b> <b>6:00-7:30</b> <b>Westcoast</b> <b>Flow® (A)</b>	<b>17</b> <b>9:45-11:45</b> <b>Primary</b> <b>Series (3)</b>	<b>18</b> <b>10-11:30</b> <b>Westcoast</b> <b>Flow® (A)</b>
<b>19</b>	<b>20</b> <b>CLOSED</b>	<b>21</b> <b>CLOSED</b>	<b>22</b> <b>No AM Class</b>  <b>6:00-7:30pm</b> <b>Intro to</b> <b>Ashtanga(1)</b>	<b>23</b> <b>6:00-7:30</b> <b>Westcoast</b> <b>Flow® (A)</b>	<b>24</b> <b>9:45-11:45</b> <b>Primary</b> <b>Series (3)</b>	<b>25</b> <b>10-11:30</b> <b>Westcoast</b> <b>Flow® (A)</b>
<b>26</b> <b>10:30-12:30</b> <b>Westcoast</b> <b>Flow®</b> <b>(4-5)</b>	<b>27</b> <b>6:00-7:30</b> <b>Intro to</b> <b>Ashtanga</b> <b>(1)</b>	<b>28</b> <b>6:00-7:30</b> <b>Ashtanga</b> <b>Prep (2)</b>	<b>29</b> <b>9:45-11:45</b> <b>Westcoast Flow®</b> <b>(4-5)</b>	<b>30</b> <b>6:00-7:30</b> <b>Westcoast</b> <b>Flow® (A)</b>		

(#) denotes level of difficulty. (A) All Levels –although some experience is necessary.

**3602 Darlington Road Darlington PA 16115**  
**724 827-8047 www.yogaunderground.com**