



Yoga Studio

MIND & BODY

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am							
8am							
9am							
10am			10:30 - 11:30am Pilates Andrea (Yoga Studio)	10:30 - 11:30am Vin Yasa Yoga Kay N. (Yoga Studio)			
11am	11:00 - 12:00pm Vin Yasa Yoga Vicki Y. (Yoga Studio)	11:15 - 12:15pm Yoga Carol C. (Yoga Studio)				11:00 - 12:00pm Mat Pilates Norma (Yoga Studio)	11:00 - 12:00pm Yoga Nadeen B. (Yoga Studio)
12pm					12:30 - 1:30 pm Yin Yoga Norma (Yoga Studio)	12:00 - 1:00pm Hatha Flow Yoga Norma (Yoga Studio)	
1pm					1:30 - 2:00pm Meditation (30 Min) Norma (Yoga Studio)	1:00 - 1:30pm Meditation (30 Min) Norma (Yoga Studio)	
2pm							
3pm							
4pm	4:15 - 5:15pm Pilates Norma S. (Yoga Studio)			5:00 - 6:00pm Yogalates Jackie (Yoga Studio)			
5pm	5:15 - 6:15pm Yoga Norma S. (Yoga Studio)						
6pm		6:30 - 7:30pm Yoga Brittany B. (Yoga Studio)					
7pm							
8pm							