



## MIND & BODY

## WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am							
8am							
9am							
10am							
11am		11:30 - 12:30pm Yoga Carol C. (GX Studio)				11:45 - 12:30pm Pilates Norma (GX Studio)	
12pm					12:45 - 1:45 pm Yin Yoga Norma (GX Studio)	12:30 - 1:15pm Hatha Flow Yoga Norma (GX Studio)	
1pm						1:15 - 1:45pm Meditation (30 Min) Norma (GX Studio)	
2pm							
3pm							
4pm							
5pm	5:00 - 6:00pm Yoga Norma						
6pm		6:45 - 7:45pm Yoga Yogacurlycarol (GX Studio)	6:30 - 7:30pm Yogalates Andrea (GX Studio)		* 6:30 - 7:30 pm Yoga YogacurlyCarol (GX studio)		
7pm							
8pm							

\* This Class is only offered the first Friday of every month