



MIND & BODY

WEEKLY SCHEDULE

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

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