

# MIND & BODY

## NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00 am Ballet Sculpt Terri P.	6:00-7:00 am Vinyasa Yoga I-III Stacey	6:00-7:00 am Ballet Sculpt Yvette	6:00-7:00 am Vinyasa Yoga I-III Rebecca W		
7:15-8:15 am Tai Chi Eric	7:25-8:25 am Yoga Basics Mark	7:15-8:15 am Taijifit Eric	7:25-8:25 am Yoga Basics Mark	7:15-8:15 am Tai Chi Forms TD		
8:35-9:35 am Pilates Mat Megan	8:35-9:35 am Nia Tracy	8:35-9:35 am Pilates Mat Stacey S	*New Class* 8:45-9:30 am Stretch & Breath Nova	8:35-9:35 am Pilates Mat Jess	8:30-9:45 am Vinyasa Yoga II-III Kelsey	9:15-10:30 am Restorative Yoga+ Kathy B/Kate
9:45-10:45 am Vinyasa Yoga I-II Karen E	9:45-10:45 am Ballet Sculpt KC	9:45-10:45 am Hatha Yoga I-II Nova	9:45-10:45am Ballet Sculpt KC	9:45-10:45 am Vinyasa Yoga I-III Mark	10:00-11:00 am Nia Leslie	10:45-11:45 am Pilates Mat Staff
11:00-12:00 pm Cardio Fit Cathy C	11:00-12:00 pm Wellness Meditation Lori S.	11:00-12:00 pm Stretch Therapy I-II Ruthie	11:00-12:00 pm YAH Pilates Ball Adrie	11:00-12:00 pm Nia Dana	11:15-12:15 pm Ballet Sculpt Molly	12:00-1:00 pm Vinyasa I-III Marina
12:15-1:15 pm Gentle Hatha Yoga Robin S.	12:15-1:15 pm Yin Yoga Nova	12:15-1:15 pm Ballet Sculpt Rebecca K	12:15-1:15 pm Gentle Hatha Yoga Robin S.	12:30-1:30 pm Ballet Sculpt Cheryl S	12:30-1:45 pm YAH Yoga Basics Gail	1:15-2:15 pm Ballet Sculpt Staff
*New Class* 1:30-2:30 pm Essentrics Jenny		4:00-5:00 pm Hatha Yoga I-III Mark		4:00-5:15 pm Deep Healing Hatha Yoga I-II Derek		
4:00-5:00 pm Hatha Yoga I-II Brenna	4:00-5:15 pm Vinyasa Yoga I-III Nikki A.	5:45-6:45 pm Vinyasa Yoga I-III Kimberly	4:00-5:00 pm Hatha Yoga I-II Derik		4:00-5:15 pm Align & Refine Yoga Gail	4:00-5:00 pm Vinyasa Yoga I-III Rebecca W
5:45-6:45 pm Ballet Sculpt Molly	5:45-6:45 pm Pilates Mat Molly		5:45-6:45 pm Pilates Mat Cathy C			



www.cherrycreekclub.com

303-399-3050