MIND & BODY STUDIO

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:15-8:15	**Tai Chi** Eric	6:00-7:00	**Yoga Sculpt** Ben	6:00-7:00	**Vinyasa Yoga** Stacey	6:00-7:00	**Ballet Sculpt** Yvette	6:00-7:00	**Vinyasa Yoga** Rebecca W	8:30-9:45	**Vinyasa Yoga** Sarah A	9:15-10:30	**Restorative Yoga** Kathy B/Kate
8:35-9:35	**Pilates Mat** Megan	7:25-8:25	**Yoga Basics** Mark	7:15-8:15	**Taijifit** Eric	7:25-8:25	**Yoga Basics** Mark	7:15-8:15	**Tai Chi Forms** TD	10:00-11:00	**Nia** Leslie	10:45-11:45	**Pilates Mat** Jess
9:45-10:45	**Vinyasa Yoga** Karen E	8:35-9:35	**Nia** Tracy	8:35-9:35	**Pilates Mat** Lora M	8:45-9:30	**Gentle Hatha yoga** Nova	8:35-9:35	**Pilates Mat** Jess	11:15-12:15	**Ballet Sculpt** Molly		
11:00-12:00	**Cardio Fit** Cathy C	9:45-10:45	**Ballet Sculpt** KC	9:45-10:45	**Hatha Yoga** Nova	9:45-10:45	**Ballet Sculpt** KC	9:45-10:45	**Vinyasa Yoga** Mark				
		11:00-11:45	**Wellness Meditation** Lori S	11:00-12:00	**Stretch Therapy I-II** Ruthie	11:00-12:00	**Pilates Ball YAH** Adrie	11:00-12:00	**Nia** Lora S				
12:15-1:15	**Gentle Hatha Yoga** Robin S	12:15-1:15	**Yin Yoga** Nova	12:15-1:15	**Ballet Sculpt** Cheryl S	12:15-1:15	**Gentle Hatha yoga** Robin S	12:15-1:15	**Ballet Sculpt** Cheryl S	12:30-1:45	**YAH Yoga Basics** Gail	12:00-1:00	**Vinyasa I-III** Marina
												1:15-2:15	**Ballet Sculpt** Keegan
1:30-2:30	**Essentrics** Jenny	4:00-5:30	**Vinyasa Nidra** Nikki A	4:00-5:30	**Hatha Yoga** Mark	4:00-5:00	**Hatha Yoga I-II** Derik	4:00-5:15	**Deep Healing Yoga** Derik	4:00-5:15	**Align & Refine Yoga** Tracy F	4:00-5:00	**Vinyasa I-III** Rebecca W
4:00-5:00	**Hatha Yoga I-II** Brenna	5:45-6:45	**Pilates Mat** Molly	5:45-6:45	**Vinyasa Yoga** Ben	5:45-6:45	**Pilates Mat** Cathy C						
5:45-6:45	**Ballet Sculpt** Molly												
7:00-8:00	**POUND** Adrienne	6:45-7:15	**Power Core** Molly										