



MIND & BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Ashtanga Principles Rebecca	6:00-7:00 Yoga Ben	6:00-7:00 Vinyasa Yoga Stacey	6:00-7:00 Yoga Sculpt Yvette	6:00-7:00 Vinyasa Yoga Rebecca W	8:30-9:45 Yoga Sarah A	9:15-10:30 Restorative Yoga Kathy B/Kate
7:15-8:15 Tai Chi Eric	7:25-8:25 Yoga Mark	7:15-8:15 Yoga Eric	7:25-8:25 Yoga Basics Mark	7:15-8:15 Chi Forms TD	10:00-11:00 Yoga	10:45-11:45 Yoga Mat Jess
8:35-9:35 Yoga Mat Tracy R	8:35-9:35 Nia Tracy	8:35-9:35 Yoga Mat Lora M	8:45-9:30 Gentle Hatha Yoga Nova	8:35-9:35 Yoga Mat Jess	11:15-12:15 Barre Sculpt Molly	
9:45-10:45 Vinyasa Yoga Karen E	9:45-10:45 Yoga Sculpt Cheryl S	9:45-10:45 Hatha Yoga Nova	9:45-10:45 Yoga Sculpt Lora M	9:45-10:45 Vinyasa Yoga Mark		
11:00-12:00 Cardio Fit Cathy C	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 Vinyasa Yoga Nova	12:15-1:15 Yoga Sculpt Cheryl S	12:15-1:15 Gentle Hatha Yoga Robin S	12:15-1:15 Barre Sculpt Cheryl S	12:30-1:45 Yoga Basics Gail	12:00-1:00 Yoga I-III Marina
1:30-2:30 Yoga-Ballet Keegan	1:30- 2:30 Prana Vinyasa Zaidy	1:30-2:45 Vin Zen Amy K	1:30- 2:30 Prana Vinyasa Zaidy			1:15-2:15 Yoga Sculpt Keegan
4:00-5:00 Yoga I-II Brenna	4:00-5:00 Yoga Keegan	4:00-5:00 All Levels Yoga Mark	4:00-5:00 Hatha Yoga I-II Derik	4:00-5:15 Deep Healing Yoga Derik	4:00-5:00 Align & Refine Yoga Tracy F	4:00-5:00 Vinyasa I-III Rebecca W
5:45-6:45 Yoga Sculpt Molly	5:45-6:45 Yoga Mat Molly	5:45-6:45 Yoga Ben	5:45-6:45 Yoga Mat Cathy C			
7:00-8:00 Yoga Adrienne	6:45-7:15 Yoga Molly	7:00-8:00 Yoga-Ballet Keegan				
	7:20-8:20 Partner Thai Yoga *1st Class June 19th* Ruthie					
*Indicates New Class	* These classes will be available beginning June 15th*					