



# MIND & BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 <b>Ashtanga Principles</b> Rebecca	6:00-7:00 <b>Yoga Sculpt</b> Ben	6:00-7:00 <b>Vinyasa Yoga</b> Stacey	6:00-7:00 <b>Barre Sculpt</b> Yvette	6:00-7:00 <b>Vinyasa Yoga</b> Rebecca W	8:30-9:45 <b>Vinyasa Yoga</b> Sarah A	9:15-10:30 <b>Restorative Yoga</b> Kathy B/Kate
7:15-8:15 <b>Tai Chi</b> Eric	7:25-8:25 <b>Yoga Basics</b> Mark	7:15-8:15 <b>Taijifit</b> Eric	7:25-8:25 <b>Yoga Basics</b> Mark	7:15-8:15 <b>Tai Chi Forms</b> TD	10:00-11:00 <b>Nia</b> Leslie	10:45-11:45 <b>Pilates Mat</b> Jess
8:35-9:35 <b>Pilates Mat</b> Lora M	8:35-9:35 <b>Nia</b> Tracy	8:35-9:35 <b>Pilates Mat</b> Lora M	8:45-9:30 <b>Gentle Hatha Yoga</b> Nova	8:35-9:35 <b>Pilates Mat</b> Jess	11:15-12:15 <b>Barre Sculpt</b> Molly	
9:45-10:45 <b>Vinyasa Yoga</b> Karen E	9:45-10:45 <b>Barre Sculpt</b> Cheryl S	9:45-10:45 <b>Hatha Yoga</b> Nova	9:45-10:45 <b>Barre Sculpt</b> Lora M	9:45-10:45 <b>Vinyasa Yoga</b> Mark		
11:00-12:00 <b>Cardio Fit</b> Cathy C	11:00-11:45 <b>Wellness Meditation</b> Lori S	11:00-12:00 <b>Stretch Therapy I-II</b> Ruthie	11:00-12:00 <b>Pilates Ball YAH</b> Adrie	11:00-12:00 <b>Nia</b> Lora S		
12:15-1:15 <b>Gentle Hatha Yoga</b> Robin S	12:15-1:15 <b>Yin Yoga</b> Nova	12:15-1:15 <b>Barre Sculpt</b> Cheryl S	12:15-1:15 <b>Gentle Hatha Yoga</b> Robin S	12:15-1:15 <b>Barre Sculpt</b> Cheryl S	12:30-1:45 <b>YAH Yoga Basics</b> Gail	12:00-1:00 <b>Vinyasa I-III</b> Marina
1:30-2:30 <b>Dance-Ballet</b> Keegan	1:30- 2:30 <b>Prana Vinyasa</b> Zaidy		1:30- 2:30 <b>Prana Vinyasa</b> Zaidy			1:15-2:15 <b>Ballet Sculpt</b> Keegan
4:00-5:00 <b>Hatha Yoga I-II</b> Brenna	4:00-5:00 <b>Postures</b> Keegan	4:00-5:00 <b>All Levels Yoga</b> Mark	4:00-5:00 <b>Hatha Yoga I-II</b> Derik	4:00-5:15 <b>Deep Healing Yoga</b> Derik	4:00-5:00 <b>Align &amp; Refine Yoga</b> Tracy F	4:00-5:00 <b>Vinyasa I-III</b> Rebecca W
5:45-6:45 <b>Barre Sculpt</b> Molly	5:45-6:45 <b>Pilates Mat</b> Molly	5:45-6:45 <b>Vinyasa Yoga</b> Ben	5:45-6:45 <b>Pilates Mat</b> Cathy C			
7:00-8:00 <b>POUND</b> Adrienne	6:45-7:15 <b>Power Core</b> Molly	7:00-8:00 <b>Dance-Ballet</b> Keegan				
	7:20-8:20 <b>Partner Thai Yoga</b> Ruthie					

\*Indicates New Class