



MIND & BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Ashtanga Principles Rebecca	6:00-7:00 Yoga Sculpt Ben	6:00-7:00 Vinyasa Yoga Stacey	6:00-7:00 Barre 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
7:15-8:15 Tai Chi Eric	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
8:35-9:35 Pilates Mat Lora M	8:35-9:35 Nia Tracy	8:35-9:35 Pilates Mat Lora M	8:45-9:30 Yoga at the Barre Nova	8:35-9:35 Pilates Mat Jess	11:15-12:15 Barre Sculpt Molly	
9:45-10:45 Vinyasa Yoga Karen E	9:45-10:45 Barre Sculpt Cheryl S	9:45-10:45 Hatha Yoga Nova	9:45-10:45 Barre 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 Yin Yoga Nova	12:15-1:15 Barre Sculpt Cheryl S	12:15-1:15 Gentle Hatha Yoga Robin S	12:15-1:15 Barre Sculpt Cheryl S	12:30-1:45 YAH Yoga Basics Gail	12:00-1:00 Vinyasa I-III Marina
1:30-2:30 Dance-Ballet Keegan	1:30- 2:30 Prana Vinyasa Zaidy		1:30- 2:30 Prana Vinyasa Zaidy			1:15-2:15 Ballet Sculpt Keegan
4:00-5:00 Hatha Yoga I-II Brenna	4:00-5:00 Postures 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
	5:05-5:35 Groovy Booty Keegan					
5:45-6:45 Barre Sculpt Molly	5:45-6:45 Pilates Mat Molly	5:45-6:45 Vinyasa Yoga Ben	5:45-6:45 Pilates Mat Cathy C			
	6:45-7:15 Power Core Molly	7:00-8:00 Dance:Jazz Technique Edgar				
	7:20-8:20 Partner Thai Yoga Ruthie	8:00-9:00 Dance-Ballet Keegan				

*Indicates New Class