



MIND & BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45 Yoga Sculpt Ben	6:00-7:00 Vinyasa Yoga Savon		6:00-7:00 Vinyasa Yoga Rebecca		
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		
8:35-9:35 Pilates Mat Devon		8:35-9:35 Pilates Mat Devon		8:35-9:35 Pilates Mat Jess	8:30-9:45 Vinyasa Yoga Sarah A	8:00-9:00 Power Pilates Mat Devon J
9:45-10:45 Vinyasa Yoga Karen E	9:40-10:40 Barre Sculpt Elizabeth	9:45-10:45 Hatha Yoga Nova	9:40-10:40 Barre Sculpt Devon	9:45-10:45 Vinyasa Yoga Mark	10:00-11:00 Nia Leslie	9:15-10:30 Restorative Yoga Kathy B/Kate
11:00-12:00 Cardio Fit Cathy C	11:00-11:45 Wellness Meditation Lori S	11:00-12:00 Stretch Therapy I-II Nova	11:00-12:00 Pilates Ball YAH Adrienne D	11:00-12:00 Nia Lora S	11:15-12:15 Barre Sculpt Molly	10:45-11:45 Pilates Mat Jess
12:15-1:15 Gentle Hatha Yoga Robin S	12:15-1:15 Restorative Leigha	12:15-1:15 Ballet Sculpt Keegan	12:15-1:15 Gentle Hatha Yoga Robin S	12:15-1:15 Ballet Sculpt Danielle	12:30-1:30 De-Stress Yoga Kate/Zaidy	12:00-1:00 Vinyasa I-III Marina
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 Restorative Yoga Derik		4:00-5:00 Vinyasa I-III Rebecca W
						5:00-6:00 Tai Chi Fusion TD
5:45-6:45 Barre Sculpt Molly	5:45-6:45 Pilates Mat Molly	5:45-6:45 Vinyasa Yoga Jordan	5:45-6:45 Pilates Mat Cathy C			
7:00 8:00 Yin/ Restorative Zaidy	7:00-8:00* Dance: Jazz Cedric		6:45-7:45 Belly Dance Eva			
		8:00-9:00 Dance-Ballet Keegan				

*NEW TIME