

## MONDAY

5:30-6:25am [M/B]	<b>FLEX FUSION</b> Nancy
7:30-8:25 am [M/B]	<b>MAT PILATES</b> Gail
8:30-9:25am [M/B]	<b>YOGA LEVEL 1-2</b> Beth P.
9:30-10:25am [M/B]	<b>FLEX FUSION</b> Beth P.
10:30-11:25am [M/B]	<b>FLEX FUSION</b> PD
10:45-11:40am [1]	<b>CHAIR YOGA</b> Jeannie
11:30-12:25pm [M/B]	<b>GENTLE YOGA</b> Amy
4:30-5:25pm [M/B]	<b>YOGA LEVEL 1-2</b> Karen F.
6:30-7:25pm [M/B]	<b>YOGA LEVEL 1-2</b> Mary

## TUESDAY

5:30-6:25am [M/B]	<b>SPORT YOGA</b> Karen F.
7:30-8:25am [M/B]	<b>YOGA LEVEL 1-2</b> Barb
8:30-9:25am [M/B]	<b>SPORT YOGA</b> Molly
9:30-10:25am [M/B]	<b>FLEX FUSION</b> Sheri
1:00-1:55pm [M/B]	<b>GENTLE YOGA</b> Susan T.
5:00-5:55pm [M/B]	<b>MAT PILATES</b> Sheryl
6:15-7:10pm [M/B]	<b>SPORT YOGA</b> Karen F.
7:30-8:25pm [M/B]	<b>YIN YOGA</b> Catia

# MIND/BODY Group Exercise Classes

## WEDNESDAY

8:30-9:25am [2]	<b>YOGALATES</b> Joan B.
8:30-9:25am [M/B]	<b>SPORT YOGA</b> Lauren
9:30-10:25am [M/B]	<b>SPORT YOGA</b> Karen
4:30-5:25pm [M/B]	<b>YOGA LEVEL 1-2</b> Beth P.
6:00-6:55pm [M/B]	<b>YOGALATES</b> Joan B.
7:15-8:10pm [M/B]	<b>YOGA LEVEL 1-2</b> Mary (Rotation A) Joan (Rotation B)

## THURSDAY

6:00-6:55am [M/B]	<b>YIN</b> Karen F.
7:30-8:25am [M/B]	<b>YOGA LEVEL 1-2</b> Beth P.
8:30-9:25am [3]	<b>MAT PILATES</b> Sheryl
8:30-9:25am [M/B]	<b>YOGA LEVEL 1-2</b> Susan T.
9:30-10:25am [M/B]	<b>SPORT YOGA</b> Jessica R.
7:00-7:55pm [M/B]	<b>YOGA LEVEL 1-2</b> Amy (Rotation A) Karen F (Rotation B)
8:00-8:55pm [M/B]	<b>YIN YOGA</b> Amy (Rotation A) Karen F (Rotation B)

## FRIDAY

7:30-8:25am [M/B]	<b>YOGA 1-2</b> Lauren
8:30-9:25am [M/B]	<b>SPORT YOGA</b> Karen F.
9:30-10:25am [M/B]	<b>FLEX FUSION</b> Sheryl
10:30-11:25am [1]	<b>CHAIR YOGA</b> Beth P.
1:30-2:25pm [M/B]	<b>GENTLE YOGA</b> Amy
5:00-6:15pm [M/B]	<b>YOGA 1-2</b> Joan V (Rotation A) Molly (Rotation B)

## SATURDAY

10:30-11:25am [1]	<b>YOGA LEVEL 1-2</b> Amy (Rotation A) Joan V (Rotation B)
----------------------	--

## SUNDAY

8:30-9:25am [1]	<b>YOGA LEVEL 1-2</b> Molly (Rotation A) Corie( Rotation B)
*** 1:00-1:45pm [1]	<b>FAMILY YOGA</b> Rotating instructors
*** 1:55 - 2:40pm [1]	<b>#YOGA</b> Rotating instructors

\*\*\* Family Yoga ALL AGES

\*\*\* #YOGA ages 8-13

## LOCATION KEY

[1]	STUDIO 1
[2]	STUDIO 2
[3]	STUDIO 3
[M/B]	MIND & BODY STUDIO