

MONDAY

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

TUESDAY

5:30-6:25am [M/B]	SPORT YOGA Karen F.
7:30-8:25am [M/B]	YOGA LEVEL 1-2 Barb
8:30-9:25am [M/B]	SPORT YOGA Monica
9:30-10:25am [M/B]	FLEX FUSION Beth P
1:00-1:55pm [M/B]	GENTLE YOGA Susan T.
5:00-5:55pm [M/B]	MAT PILATES Sheryl
6:15-7:10pm [M/B]	SPORT YOGA Karen F.

MIND/BODY Group Exercise Classes

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

10:30-11:25am [1]	YOGA LEVEL 1-2 Amy (Rotation A) Stephanie (Rotation B)
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SUNDAY

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

Slight modifications to the schedule may occur

*** Family Yoga ALL AGES

*** #YOGA ages 8-13

LOCATION KEY

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