

# Mind/Body Fall Schedule 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						6:15	
			9:30	9:15			10:00
10:00	<b>Flexibility</b> Deenah	10:00 <b>Classic Restorative</b> Holly	<b>Classic</b> Tracy	<b>Gentle</b> Sofia	9:15 <b>Gentle</b> Sofia	9:00 <b>Mat Pilates</b> Sofia	<b>Yoga/Pilates Fusion</b> Deenah
11:15	<b>Yin</b> Ilya		11:30 <b>Soft Flow</b> Leigh	11:00 <b>Mindfulness Med</b> Kim	11:15 <b>Gentle</b> Kim	10:15 <b>Yin/Restorative</b> Monica	11:30 <b>Classic</b> Holly
				12:00 <b>Flow</b> Kim		11:45 <b>Melt/Stretch</b> Sofia	
		2:30 <b>Gentle</b> Amandev	2:00 <b>Classic Vinyasana</b> Tracy		1:30 <b>Classic</b> Holly		
					3:30 <b>Gentle</b> Amandev		
	6:00 <b>Flexibility</b> Deenah			5:30 <b>Classic</b> Holly	6:00 <b>Precision Stretch</b> Jessica	6:30 <b>Yin</b> Deenah	
	7:15 <b>Tai Chi</b> Rebecca				7:15 <b>Mat Pilates</b> Sofia		
	<b>REGISTERED PROGRAMS</b>		<b>MIND/BODY FLEX PROGRAM</b>		<b>CLASSIC YOGA FLEX PROGRAM</b>		