

Mind/Body Winter Schedule 2019

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