

Mind/Body Fall Schedule 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							8:00 Classic Tracy (90 mins)
10:00	Soft Flow Jen	10:00 Classic Restorative Holly (90 mins)	9:30 Classic Tracy (90 mins)	9:15 Gentle (level 1) Sofia		9:00 Mat Pilates Sofia	
11:15	Flow Jen		11:30 Soft Flow Leigh	10:30 Gentle (level 2) Sofia	11:15 Gentle Kim	10:15 Soft Flow Jen	10:00 Yoga/Pilates Fusion Treasure
			1:30 Classic (level 2) Tracy (90 mins)	12:00 Flow Kim	12:30 Mindfulness Med Kim	11:30 Melt/Stretch Sofia	
		2:30 Gentle Amandev			1:30 Classic Holly (90 mins)		
			3:15 Persistent Back Pain Amandev	3:15 Hip & Knees Amandev	3:30 Gentle Amandev		
		6:00 Flexibility Amandev	5:30 Yin Sofia	6:00 Classic (level 2) Holly (90 mins)	6:00 Precision Stretch Jessica		
					7:15 Mat Pilates Sofia		
	MIND/BODY FLEX PROGRAMS					REGISTERED PROGRAMS	