

Mind Body Schedule

Winter 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Mat 8:00-9:00 am Elena J.	Power Yoga 8:00-9:00 am Elena J.	Pilates Mat 8:00-9:00 am Gina C	Power Yoga 8:00-9:00 am Elena J.	Gentle Yoga Level 1 8:00-9:00 am Heather C.		
Power Yoga 9:15-10:15 am Heather C.	Yoga Fundamentals Level 1 10:30-11:30 am Heather C.	Power Yoga 9:15-10:15 am Heather C.			Pilates Mat 10:20-11:20 am Candy M.	Power Yoga 9:45-11:00am Gaerda Z.
Pilates Mat 12:00-1:00 pm Candy M.	Hour of Power Yoga 12:00-1:00 pm Jen E.	Pilates Mat 12:00-1:00 pm Candy M.	Hour of Power Yoga 12:00-1:00 pm Jen E.			
	Power Yoga Level 2-3 5:00-6:15 pm Jen E.		Power Yoga Level 2-3 5:00-6:15 pm Jen E.			