

# 2017 Summer Schedule

Begins Tuesday May 30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:30-9:45 Iyengar Yoga Caroline	9:00-10:15 Morning Stretch John		8:00-9:30 Prana Flow Donna		8:30-9:30 Pilates Kristen	8:45-10:00 Prana Flow Donna
	10:30-11:30 Yoga for Every Body Wendy	10:00-11:00 Tai Chi Karen P.	10:30-11:30 Qigong Donna	10:30-11:45 Yoga & Breath John	10:30-11:30 Yoga for Every Body Wendy	10:30-11:30 Pilates Kristen
11:00-12:10 Barre Fran						
		12:00-1:00 Barre Wendy	12:00-1:15 Tai Chi Karen P	12:00-1:00 Barre Wendy	12:00-1:00 Flow and Yin Yoga Karen S.	
3:00-4:30 Slow Flow & Stretch Susan			4:30- 5:30 Barre Core Fran			
	5:30-6:45 Vinyasa Flow Karen S	5:30-6:30 Pilates-Intermediate Kristen	6:00-7:00 Teen Yoga/Pilates Amy/Kristen	5:30-6:30 Pilates Kristen	5:00-6:00 Happy Hour Yoga Wendy	
				Pre-Natal Yoga 6:45-8:00 <b>June Only- Staff</b>		

### Kid's Yoga Camp

June 12-15 1:30-4:30  
8-12 year olds

July 31-August 2 1:30-3:30  
4-7 year olds