

2017 Fall Schedule

September-December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:30-9:45 Iyengar Yoga Caroline		7:00-8:00 Power Yoga Jacci **Starts 09/19**	8:00-9:30 Prana Flow Donna		8:15-9:15 Pilates Kristen	9:00-10:00 Pilates Kristen
	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	
11:00-12:10 Barre Fran						
	12:05-12:55 Fusion Flow Jessie **Starts-09/25 **	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	3:15-4:00 Kid's Yoga *1st Mondays of month		4:30- 5:30 Barre Core Fran	4:30-5:30 Warm Yoga Wendy **Starts 09/28**		
	5:30-6:45 Vinyasa Flow Karen S	5:30-6:30 Pilates-Intermediate Kristen	6:00-7:00 Teen Yoga/Pilates Amy/Kristen		5:00-6:00 Happy Hour Yoga Wendy	