

2018 SPRING Schedule

April & May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:30-9:45 Iyengar Yoga Caroline			8:00-9:30 Prana Flow Donna	8:45-9:245 Sculpt Jessie	8:15-9:15 Pilates Kristen	9:00-10:00 Pilates Kristen
11:00-12:10 Barre Fran/Wendy	10:30-11:30 Yoga for Every Body Wendy	10:00-11:00 Tai Chi Karen P.	10:30-11:30 Qigong Donna		10:30-11:30 Yoga for Every Body Wendy	10:30-11:45 Slow Flow Susan D.
	12:05-12:55 Mat Pilates Plus Jessie	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 <i>*1st Mon. of month</i>		4:30- 5:30 Barre Core Fran	4:30-5:30 Warm Yoga Wendy		
	5:30-6:45 Vinyasa Flow	5:30-6:30 Pilates-Intermediate Kristen	6:00-7:00 Teen Yoga/Pilates Amy/Kristen	6:00-7:15 Power Yoga Jaccie	5:00-6:00 Happy Hour Yoga Wendy	
		7:00-8:00 Stretch, Focus & Relax Karen S./Jacci				