

# 2018 SUMMER Schedule

June, July & August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:30-9:45 Iyengar Yoga Caroline	9:00 –10:00 Qi Gong 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		10:30-11:30 Yoga for Every Body Wendy	
	12:00-1:00 Cardio Sculpt 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			4:30– 5:30 Barre Core Jacci			
	5:30-6:45 Vinyasa Flow	5:30-6:30 Pilates-Intermediate Kristen	6:00-7:00 Teen Yoga/Pilates Amy/Kristen		5:00-6:00 Happy Hour Yoga Wendy	