

2018 Fall Schedule September, October, November & December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:30-9:45 Iyengar Yoga Caroline		6:00-7:00 Morning Yoga Amy J			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 Stretch & Go Yoga Susan D.	10:30-11:30 Yoga for Every Body Wendy	10:30-11:45 Poetic Yoga Flow Susan D.
	12:00-1:00 Cardio Sculpt Jessie	12:00-1:00 Barre Wendy	12:00-1:00 Tai Chi Karen P	12:00-1:00 Barre Wendy/Jessie	12:00-1:00 Flow and Yin Yoga Karen S.	1:00-2:30 Ashtanga Paul (1st Saturdays)
3:00-4:30 Slow Flow & Stretch Susan			4:30-5:30 Fusion Kristen	4:30-5:30 Warm Yoga Wendy		
	5:30-6:45 Vinyasa Flow Karen S	5:30-6:30 Pilates-Intermediate Kristen			5:00-6:00 Happy Hour Yoga Wendy	
			6:00-7:00 Power Yoga Jacci	6:00-7:00 Yoga Basics Amy J		