

2019 FALL Schedule

Begins Sept. 8

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--------------------------------------|---|---|---|---|
| 8:30-9:45 Iyengar Yoga Caroline | | 6:00-7:00 Morning Yoga Amy | 8:15-9:15 Iyengar Yoga Caroline | 7:00-8:00 Power Hour Alisa | 8:15-9:15 Pilates Kristen | 8:00-9:00 Aerial-Wendy 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 Yoga for Every Body Jen | 10:30-11:30 Stretch & Go Susan D. | 10:30-11:30 Yoga for Every Body Wendy | 10:30-11:45 Poetic Yoga Flow Susan D. |
| | 12:00-12:45 Qi-gong Donna | 12:00-1:00 Barre Wendy | 12:00-1:15 Tai Chi Karen P | 12:00-1:00 Barre Wendy | 12:15-1:00 / 12:15-1:15 Iyengar / Aerial Fundamentals Caroline / Karen | |
| 3:00-4:30 Slow Flow & Stretch Susan | 4:30-5:00 Meditation Laurie | | 4:30- 5:30 Vinyasa Flow Laurie | 4:00-5:30 Kundalini Mukanday | | |
| | 5:30-6:45 Vinyasa Flow Karen S | 5:30-6:30 Pilates-Int, Kristen | 6:00-7:00 Yin Jen | | 5:00-6:00 Happy Hour Yoga Wendy | |
| | | 7:00-8:00 Power Hour Alisa | 6:30-7:30 Aerial Karen/Wendy | 6:30-7:00 Warm 26 Jen | | |