

Winter 2020 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM		Morning Yoqa 6:00-7:00 Amy					
7:00 AM							
7:30 AM				Power Hour 7:00-8:00 Alisa			
8:00 AM							
8:30 AM	Power Hour 8:15-9:15 Laurie		Iyengar Yoqa 8:15-9:15 Caroline		Pilates 8:15-9:15 Kristen	Beginner Aerial Yoqa 8:00-9:00 Wendy	
9:00 AM							
9:30 AM						Pilates 9:15-10:15 Kristen	Iyengar Yoqa 9:00-10:15 Caroline
10:00 AM							
10:30 AM	Yoqa for Everybody 10:30-11:30 Wendy	Tai Chi 10:00-11:00 Karen P.	Yoqa for Everybody 10:30-11:30 Jen	Gentle Yoqa 10:30-11:30 Susan D.	Yoqa for Everybody 10:30-11:30 Wendy	Vinyasa Flow 10:30-11:45 Susan D.	
11:00 AM							
11:30 AM							
12:00 PM	Qi Gong 12:00-12:45 Donna	Center Barre 12:00-1:00 Wendy	Tai Chi 12:00-1:00 Karen P.	Center Barre 12:00-1:00 Wendy	Aerial Yoqa 12-15-1:15 Karen S.		
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							Slow Flow & Deep Stretch 3:00-4:30 Susan E.
4:00 PM							
4:30 PM	Yin Yoqa 4:15-5:15 Karen S.	Aerial Yoqa 4:15-5:15 Wendy					
5:00 PM			Power Hour 4:45-5:45 Laurie	Kundalini Yoqa 5:00-6:15 Mukanday	Happy Hour Yoqa 5:00-6:00 Wendy		Power Hour 5:00-6:00 Brooke
5:30 PM							
6:00 PM	Vinyasa Flow Yoqa 5:30-6:45 Karen S.	Intermediate Pilates 5:30-6:30 Kristen					
6:30 PM			Beginner Aerial Yoqa 6:15-7:15 Karen S.	Yoqa Outside the Box 6:30-7:30 Amy			
7:00 PM							
7:30 PM		Power Hour 7:00-8:00 Alisa					