



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# YOGA STUDIO SCHEDULE DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning Classes</b>						
	<u>8:30-9:20</u> <b>Pilates</b> Jackie		<u>8:30 – 9:20</u> <b>TRX Yoga</b> Wendy			
<u>9:30 – 10:20</u> <b>Yoga Flow</b> Michelle S.	<u>9:30 – 10:20</u> <b>Yoga Flow</b> Bridgette  <u>10:30 -11:20</u> <b>Gentle Yoga</b> Sherri	<u>9:30 – 10:20</u> <b>Yoga Flow</b> Wendy  <u>10:30 – 11:20</u> <b>Yoga Basics</b> Wendy	<u>9:30-10:20</u> <b>Yoga Flow</b> Wendy  <u>10:30 -11:20</u> <b>Gentle Yoga</b> Marcia  <u>12:30- 12:00</u> <b>Tai Chi Light</b> Phyllis	<u>9:30 – 10:20</u> <b>Yoga Flow</b> Michelle S	<u>10:30 – 11:20</u> <b>Yoga Flow</b> Marcia	<u>9:00-9:50</u> <b>Yoga Flow</b> Michelle/Wendy
<b>Evening Classes</b>						
<u>6:00– 6:50</u> <b>Pilates</b> Lisa	<u>6:00-6:50</u> <b>Yoga Flow</b> Wendy W.	<u>5:30 – 6:20</u> <b>Yoga Flow</b> Wendy  <u>6:30 – 7:20</u> <b>Yin Yoga</b> Wendy				



