



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



Yoga STUDIO SCHEDULE July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes						
	<u>8:30-9:20</u> Pilates Jackie				<u>8:30 - 9:20</u> Yoga Flow Michelle	
<u>9:30 - 10:20</u> Yoga Flow Michelle	<u>9:30-10:20</u> Yoga Flow Wendy	<u>9:30 - 10:20</u> Yoga Flow Jan	<u>9:30 - 10:20</u> Yoga Flow Jan	<u>9:30 - 10:20</u> Yoga Flow Michelle		
<u>10:30 - 11:20</u> Gentle Yoga Jan				<u>10:30 -11:20</u> Gentle Yoga Danielle		
			<u>12:30- 12:00</u> Tai Chi Light Phyllis			
Evening Classes						
<u>6:00- 6:50</u> Pilates Lisa	<u>6:00-6:50</u> Yoga Flow Wendy W.					

