





FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Mind, Spirit, Body Studio – December

Due to the holidays we will have a special schedule for the
12/24, 12/26, 12/31 and 1/1

| 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 -11:30</u> LiveSTRONG Diane | | <u>10:30 -11:30</u> NEW PiYO Dianne | <u>10:30 – 1:20</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>7:00-7:50</u> Yin Yoga Wendy | <u>6:00-6:50</u> Yoga Flow Wendy W. | | | | | |

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