



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Mind, Spirit, Body Studio - March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>8:30-9:20</u> Pilates Jackie			<u>8:30 - 9:20</u> Yoga Flow Wendy B.	
<u>9:30 - 10:20</u> Yoga Flow Danielle	<u>9:30-10:20</u> Yoga Flow Wendy B.	<u>9:30 - 10:20</u> Yoga Flow Jan	<u>9:30 - 10:20</u> Yoga Flow Jan		
<u>10:30 - 11:20</u> Gentle Yoga Jan				<u>10:30 -11:20</u> Gentle Yoga Danielle	<u>11:30 - 12:20 pm</u> Yoga Flow Danielle/Wendy W.
			<u>12:30- 12:00</u> Tai Chi Light Phyllis		
<u>6:00- 6:50</u> Pilates Lisa <u>7:00-7:50</u> Yin Yoga Wendy B.	<u>6:00-6:50</u> Yoga Flow Wendy W.				

