



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Mind, Spirit, Body Studio – September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>8:30-9:20</u> Pilates <i>Jackie</i>			<u>8:30 – 9:20</u> Yoga Flow Wendy B.	
<u>9:30 – 10:20</u> Yoga Flow Wendy	<u>9:30-10:20</u> Yoga Flow Danielle	<u>9:30 – 10:20</u> Yoga Flow Jan	<u>9:30 – 10:20</u> Yoga Flow Jan	<u>9:30 – 10:20</u> Power Yoga Michelle NEW	
<u>10:30 – 11:20</u> Gentle Yoga Jan		<u>10:30 –11:20</u> Gentle Yoga Danielle		<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>6:00-6:50</u> Yoga Flow Wendy W.	New Classes <u>5:30 -6:20</u> Yoga Flow Danielle. <u>6:30 – 7:20</u> Yin Yoga Danielle			

