

Mind/Body Schedule

Monday 11/29/2010	Tuesday 11/30/2010	Wednesday 12/1/2010	Thursday 12/2/2010	Friday 12/3/2010	Saturday 12/4/2010	Sunday 12/5/2010
Warm Vinyasa Flow 2/3 6:00-7:00 AM Yoga Studio, Larissa	Warm Vinyasa Flow 1/2 7:00-8:00 AM Yoga Studio, De	Warm Vinyasa Flow 6:00-7:00 AM Yoga Studio, Jessica	Alignment 7:00-8:00 AM Yoga Studio, Yuki	Power Vinyasa 2/3 6:00-7:00 AM Yoga Studio, Troy	PiYo Fusion 7:30-8:30 AM Yoga Studio, Alli	Intermediate Pole/Reformer 9:00-9:55 AM Pilates Studio, Skye
Intermediate Reformer 7:00-7:55 AM Pilates Studio, Saralyn	HOT Yoga 9:00-10:15 AM Yoga Studio, Rasa	Intermediate/Advanced Pilates Mat 7:00-7:55 AM Pilates Studio, Di	HOT Yoga 9:00-10:15 AM Yoga Studio, Mercury	Ashtanga - Short Form 9:00-10:00 AM Yoga Studio, Ashley	Intermediate Reformer 9:00-9:55 AM Pilates Studio, Tiana	Power Vinyasa 2 9:00-10:15 AM Yoga Studio, Stephen
Ashtanga - Short Form 9:00-10:00 AM Yoga Studio, Dan	Beginner/Intermediate Pilates Mat 9:00-9:55 AM Pilates Studio, Hayley	Warm Vinyasa Flow 7:30-8:30 AM Yoga Studio, Alli	Beginner/Intermediate Pilates Mat 9:00-9:55 AM Pilates Studio, Saralyn	Advanced Pilates Mat 10:00-10:55 AM Pilates Studio, Hayley	HOT Yoga 9:30-10:45 AM Yoga Studio, Mercury	Intermediate Pilates Mat 10:00-10:55 AM Pilates Studio, Skye
Intermediate/Advanced Chair 10:00-10:55 AM Pilates Studio, Hayley	Vinyasa 2 10:30-11:30 AM Yoga Studio, Michelle	Vinyasa 2 9:00-10:00 AM Yoga Studio, De	Vinyasa 2/3 10:30-11:30 AM Yoga Studio, Michelle	Vinyasa 2 10:30-11:30 AM Yoga Studio, Alison		
Warm Vinyasa Flow 2/3 10:30-11:30 AM Yoga Studio, Larissa		Beginner/Intermediate Reformer 10:00-10:55 AM Pilates Studio, Saralyn				
HOT Yoga 12:00-1:00 PM Yoga Studio, Jessica	Pre-Natal/Postpartum Pilates 12:00-12:55 PM Pilates Studio, Hayley	Intermediate Pole/Reformer 12:00-12:55 PM Pilates Studio, Di	Advanced Reformer 12:00-12:55 PM Pilates Studio, Hayley	Beginner/Intermediate Chair 12:00-12:55 PM Pilates Studio, Saralyn	Power Vinyasa 2 11:00-12:15 PM Yoga Studio, Lisa	HOT Yoga 11:00-12:15 PM Yoga Studio, Jessica
Beginner/Intermediate Pilates Mat 12:00-12:55 PM Pilates Studio, Di	Warm Vinyasa Flow 2/3 12:00-1:00 PM Yoga Studio, Ashley S		Power Vinyasa 2 12:00-1:00 PM Yoga Studio, Jean-Marie	Yoga Form and Fundamentals 12:00-1:15 PM Yoga Studio, Dan		Power Vinyasa 12:30-1:45 PM Yoga Studio, Becca
Lil Yoga 3:45-4:45 PM Yoga Studio, Tunde	Yin Yoga 3:45-4:45 PM Yoga Studio, Trista		Yin Yoga 3:45-4:45 PM Yoga Studio, De	Intermediate/Advanced Pole 2:00-2:55 PM Pilates Studio, Hayley		
Intermediate Pilates Mat 5:00-5:55 PM Pilates Studio, Hayley	Warm Vinyasa Flow 2/3 5:00-6:15 PM Yoga Studio, Trista	Power Vinyasa 4:00-5:00 PM Yoga Studio, Alison	Alignment 5:00-6:15 PM Yoga Studio, De	Warm Vinyasa Flow 2/3 4:00-5:15 PM Yoga Studio, Troy	Yoga Form and Fundamentals 4:00-5:00 PM Yoga Studio, Jean-Marie	HOT Yoga 4:00-5:15 PM Yoga Studio, Mercury
Power Vinyasa 1/2 5:15-6:15 PM Yoga Studio, Becca	Intermediate Pole/Reformer 5:30-6:25 PM Pilates Studio, Tiana	Baptiste Power Yoga 5:15-6:15 PM Yoga Studio, Sky	Intermediate Reformer 5:30-6:25 PM Pilates Studio, Di	HOT Yoga 5:30-6:45 PM Yoga Studio, Alli		
Beginner/Intermediate Reformer 6:00-6:55 PM Pilates Studio, Tiana	Beginner/Intermediate Pilates Mat 6:30-7:25 PM Pilates Studio, Tiana	HOT Yoga 6:30-7:45 PM Yoga Studio, Rasa	Intermediate/Advanced Pilates Mat 6:30-7:25 PM Pilates Studio, Skye			
Baptiste Power Yoga 6:30-7:45 PM Yoga Studio, Sky	Yoga Sculpt 6:30-7:30 PM Yoga Studio, Troy		Vinyasa 2 6:30-7:30 PM Yoga Studio, Alison			

Mind/Body Schedule

Monday 12/6/2010	Tuesday 12/7/2010	Wednesday 12/8/2010	Thursday 12/9/2010	Friday 12/10/2010	Saturday 12/11/2010	Sunday 12/12/2010
Warm Vinyasa Flow 2/3 6:00-7:00 AM Yoga Studio, Larissa	Warm Vinyasa Flow 1/2 7:00-8:00 AM Yoga Studio, De	Warm Vinyasa Flow 6:00-7:00 AM Yoga Studio, Jessica	Alignment 7:00-8:00 AM Yoga Studio, Yuki	Power Vinyasa 2/3 6:00-7:00 AM Yoga Studio, Troy	PiYo Fusion 7:30-8:30 AM Yoga Studio, Alli	Power Vinyasa 2 9:00-10:15 AM Yoga Studio, Stephen
Intermediate Reformer 7:00-7:55 AM Pilates Studio, Saralyn	Beginner/Intermediate Pilates Mat 9:00-9:55 AM Pilates Studio, Hayley	Intermediate/Advanced Pilates Mat 7:00-7:55 AM Pilates Studio, Di	HOT Yoga 9:00-10:15 AM Yoga Studio, Mercury	Ashtanga - Short Form 9:00-10:00 AM Yoga Studio, Ashley	Intermediate Reformer 9:00-9:55 AM Pilates Studio, Tiana	Intermediate Pole/Reformer 9:00-9:55 AM Pilates Studio, Skye
Ashtanga - Short Form 9:00-10:00 AM Yoga Studio, Dan	HOT Yoga 9:00-10:15 AM Yoga Studio, Rasa	Warm Vinyasa Flow 7:30-8:30 AM Yoga Studio, Alli	Beginner/Intermediate Pilates Mat 9:00-9:55 AM Pilates Studio, Saralyn	Advanced Pilates Mat 10:00-10:55 AM Pilates Studio, Hayley	HOT Yoga 9:30-10:45 AM Yoga Studio, Mercury	Intermediate Pilates Mat 10:00-10:55 AM Pilates Studio, Skye
Intermediate/Advanced Chair 10:00-10:55 AM Pilates Studio, Hayley	Vinyasa 2 10:30-11:30 AM Yoga Studio, Michelle	Vinyasa 2 9:00-10:00 AM Yoga Studio, De	Vinyasa 2/3 10:30-11:30 AM Yoga Studio, Michelle	Vinyasa 2 10:30-11:30 AM Yoga Studio, Alison		
Warm Vinyasa Flow 2/3 10:30-11:30 AM Yoga Studio, Larissa		Beginner/Intermediate Reformer 10:00-10:55 AM Pilates Studio, Saralyn				
HOT Yoga 12:00-1:00 PM Yoga Studio, Jessica	Pre-Natal/Postpartum Pilates 12:00-12:55 PM Pilates Studio, Hayley	Intermediate Pole/Reformer 12:00-12:55 PM Pilates Studio, Di	Power Vinyasa 2 12:00-1:00 PM Yoga Studio, Jean-Marie	Beginner/Intermediate Chair 12:00-12:55 PM Pilates Studio, Saralyn	Power Vinyasa 2 11:00-12:15 PM Yoga Studio, Lisa	HOT Yoga 11:00-12:15 PM Yoga Studio, Jessica
Beginner/Intermediate Pilates Mat 12:00-12:55 PM Pilates Studio, Di	Warm Vinyasa Flow 2/3 12:00-1:00 PM Yoga Studio, Ashley S		Advanced Reformer 12:00-12:55 PM Pilates Studio, Hayley	Yoga Form and Fundamentals 12:00-1:15 PM Yoga Studio, Dan		Power Vinyasa 12:30-1:45 PM Yoga Studio, Becca
Lil Yoga 3:45-4:45 PM Yoga Studio, Tunde	Yin Yoga 3:45-4:45 PM Yoga Studio, Trista		Yin Yoga 3:45-4:45 PM Yoga Studio, De	Intermediate/Advanced Pole 2:00-2:55 PM Pilates Studio, Hayley		
Intermediate Pilates Mat 5:00-5:55 PM Pilates Studio, Hayley	Warm Vinyasa Flow 2/3 5:00-6:15 PM Yoga Studio, Trista	Power Vinyasa 4:00-5:00 PM Yoga Studio, Alison	Alignment 5:00-6:15 PM Yoga Studio, De	Warm Vinyasa Flow 2/3 4:00-5:15 PM Yoga Studio, Troy	Yoga Form and Fundamentals 4:00-5:00 PM Yoga Studio, Jean-Marie	HOT Yoga 4:00-5:15 PM Yoga Studio, Mercury
Power Vinyasa 1/2 5:15-6:15 PM Yoga Studio, Becca	Intermediate Pole/Reformer 5:30-6:25 PM Pilates Studio, Tiana	Baptiste Power Yoga 5:15-6:15 PM Yoga Studio, Sky	Intermediate Reformer 5:30-6:25 PM Pilates Studio, Di	HOT Yoga 5:30-6:45 PM Yoga Studio, Alli		
Beginner/Intermediate Reformer 6:00-6:55 PM Pilates Studio, Tiana	Yoga Sculpt 6:30-7:30 PM Yoga Studio, Troy	HOT Yoga 6:30-7:45 PM Yoga Studio, Rasa	Intermediate/Advanced Pilates Mat 6:30-7:25 PM Pilates Studio, Skye			
Baptiste Power Yoga 6:30-7:45 PM Yoga Studio, Sky	Beginner/Intermediate Pilates Mat 6:30-7:25 PM Pilates Studio, Tiana		Vinyasa 2 6:30-7:30 PM Yoga Studio, Alison			