

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
	Pilates Mat 6:00-7:00 AM 9D, Chessa	Vinyasa Yoga 6:00-7:00 AM 9B, Josh	Barre Conditioning 6:00-7:00 AM 8th Floor, Melissa	Pilates Reformer 6:00-7:00 AM 8th floor, Chessa Yoga Sculpt 6:00-7:00 AM 9B, Lynn	Asana Yoga 9:00-10:15 AM 9B, Shauna	Pilates and Barre Conditioning 10:00-11:00 AM 9D, Melissa
Vinyasa Yoga 1 11:15-12:15 PM 9B, Alisha	Pilates Mat 11:15-12:15 PM 9D, Nicole	Vinyasa Yoga 1 11:15-12:10 PM 9B, Liz	Pilates Mat 11:15-12:15 PM 9D, Nicole	Ashtanga Yoga 12:00-1:00 PM 9B, Katy		
Pilates Reformer 12:00-1:00 PM 8th floor, Dawn	Iyengar Yoga 12:00-1:00 PM 9B, Kila	Pilates Reformer 11:30-12:30 PM 8th Floor, Emily	Iyengar Yoga 12:00-1:00 PM 9B, Kila			
Vinyasa Yoga II 12:15-1:00 PM 9B, Alisha	Reformer Bootcamp 12:15-1:00 PM 8th Floor, Karita	Vinyasa Yoga II 12:15-1:05 PM 9B, Liz	Reformer Bootcamp 12:15-1:00 PM 8th Floor, Karita			
Yoga Sculpt 5:30-6:45 PM 9B, Krista	Vinyasa Yoga 5:45-6:45 PM 9B, Amy	Cycle-Yoga 5:30-6:35 PM 9C/9B, Brett Pilates Reformer 6:00-7:00 PM 8th Floor, Emily	Vinyasa Yoga 5:45-6:45 PM 9B, Kristy			

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
	Pilates Mat 6:00-7:00 AM 9D, Chessa	Vinyasa Yoga 6:00-7:00 AM 9B, Josh	Barre Conditioning 6:00-7:00 AM 8th Floor, Melissa	Pilates Reformer 6:00-7:00 AM 8th floor, Chessa Yoga Sculpt 6:00-7:00 AM 9B, Lynn	Asana Yoga 9:00-10:15 AM 9B, Shauna	Pilates and Barre Conditioning 10:00-11:00 AM 9D, Melissa
Vinyasa Yoga 1 11:15-12:15 PM 9B, Alisha	Pilates Mat 11:15-12:15 PM 9D, Nicole	Vinyasa Yoga 1 11:15-12:10 PM 9B, Liz	Pilates Mat 11:15-12:15 PM 9D, Nicole	Ashtanga Yoga 12:00-1:00 PM 9B, Katy		
Pilates Reformer 12:00-1:00 PM 8th floor, Dawn	Iyengar Yoga 12:00-1:00 PM 9B, Kila	Pilates Reformer 11:30-12:30 PM 8th Floor, Emily	Iyengar Yoga 12:00-1:00 PM 9B, Kila			
Vinyasa Yoga II 12:15-1:00 PM 9B, Alisha	Reformer Bootcamp 12:15-1:00 PM 8th Floor, Karita	Vinyasa Yoga II 12:15-1:05 PM 9B, Liz	Reformer Bootcamp 12:15-1:00 PM 8th Floor, Karita			
Yoga Sculpt 5:30-6:45 PM 9B, Krista	Vinyasa Yoga 5:45-6:45 PM 9B, Amy	Cycle-Yoga 5:30-6:35 PM 9C/9B, Brett Pilates Reformer 6:00-7:00 PM 8th Floor, Emily	Vinyasa Yoga 5:45-6:45 PM 9B, Kristy			