

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
Vinyasa Yoga 9:30-10:45 AM Studio 1, Josh M.	Pilates Reformer 9:15-10:15 AM Pilates Studio, Honey K.	Hatha Yoga 6:00-7:00 AM Studio 1, Carol S.	Pilates Reformer 9:15-10:15 AM Pilates Studio, Honey K.	Group Centergy 8:15-9:15 AM Studio 1, Josh M.	Pilates Reformer 10:00-11:00 AM Pilates Studio, Erin C.	Hatha Yoga 9:30-10:45 AM Studio 1, Robin S.
Pilates Reformer 10:30-11:30 AM Pilates Studio, Bev F.	Pilates Mat 10:30-11:30 AM Studio 1, Honey K.	Pilates Reformer 7:15-8:15 AM Pilates Studio, Colleen L.	Pilates Reformer 10:30-11:30 AM Pilates Studio, Bev F.	Pilates Jump Board 9:25-10:25 AM Pilates Studio, Erin C.	Hatha Yoga 10:00-11:15 AM Studio 1, Jo R.	Kid Yoga 10:15-11:00 AM Studio 2, Carol W.
Pilates Mat with Props 10:50-11:50 AM Studio 1, Josie C.		Pilates Jump Board 9:25-10:25 AM Pilates Studio, Erin C.	Pilates Mat 10:30-11:30 AM Studio 1, Honey K.	Group Centergy 10:35-11:20 AM Studio 1, Kristin K.		
		Pilates Reformer 10:30-11:30 AM Pilates Studio, Bev F.				
		Group Centergy 10:35-11:20 AM Studio 1, Dena S.				
	Hatha Yoga 12:00-1:00 PM Studio 1, Robin S.		Hatha Yoga 12:00-1:00 PM Studio 1, Robin S.			Group Centergy 12:00-1:00 PM Studio 1, Tim T.
	Pilates Reformer 1:15-2:15 PM Pilates Studio, Robin S.					
Group Centergy 4:30-5:30 PM Studio 1, Dena S.	Vinyasa Yoga 6:35-7:45 PM Studio 1, Josie C.	Yogalates 4:30-5:30 PM Studio 1, Erin C.	Group Centergy 4:30-5:15 PM Studio 1, Dena S.	Yogalates 4:30-5:30 PM Studio 1, Erin C.		Warm Yoga 4:00-5:00 PM Studio 1, Vali H.
Pilates Reformer 4:30-5:30 PM Pilates Studio, Bev F.		Pilates Reformer 5:30-6:30 PM Pilates Studio, Erin C.	Pilates Reformer 5:30-6:30 PM Pilates Studio, Dale D.			
		Group Centergy 6:15-7:00 PM Studio 1, Dena S.	Warm Yoga 6:35-7:45 PM Studio 1, Vali H.			

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
Vinyasa Yoga 9:30-10:45 AM Studio 1, Josh M.	Pilates Reformer 9:15-10:15 AM Pilates Studio, Honey K.	Hatha Yoga 6:00-7:00 AM Studio 1, Carol S.	Pilates Reformer 9:15-10:15 AM Pilates Studio, Honey K.	Group Centergy 8:15-9:15 AM Studio 1, Josh M.	Pilates Reformer 10:00-11:00 AM Pilates Studio, Erin C.	Hatha Yoga 9:30-10:45 AM Studio 1, Robin S.
Pilates Reformer 10:30-11:30 AM Pilates Studio, Bev F.	Pilates Mat 10:30-11:30 AM Studio 1, Honey K.	Pilates Reformer 7:15-8:15 AM Pilates Studio, Colleen L.	Pilates Mat 10:30-11:30 AM Studio 1, Honey K.	Pilates Jump Board 9:25-10:25 AM Pilates Studio, Erin C.	Hatha Yoga 10:00-11:15 AM Studio 1, Jo R.	Kid Yoga 10:15-11:00 AM Studio 2, Carol W.
Pilates Mat with Props 10:50-11:50 AM Studio 1, Josie C.		Pilates Jump Board 9:25-10:25 AM Pilates Studio, Erin C.	Pilates Reformer 10:30-11:30 AM Pilates Studio, Bev F.	Group Centergy 10:35-11:20 AM Studio 1, Kristin K.		
		Pilates Reformer 10:30-11:30 AM Pilates Studio, Bev F.				
		Group Centergy 10:35-11:20 AM Studio 1, Dena S.				
	Hatha Yoga 12:00-1:00 PM Studio 1, Robin S.		Hatha Yoga 12:00-1:00 PM Studio 1, Robin S.			Group Centergy 12:00-1:00 PM Studio 1, Tim T.
	Pilates Reformer 1:15-2:15 PM Pilates Studio, Robin S.					
Group Centergy 4:30-5:30 PM Studio 1, Dena S.	Vinyasa Yoga 6:35-7:45 PM Studio 1, Josie C.	Yogalates 4:30-5:30 PM Studio 1, Erin C.	Group Centergy 4:30-5:15 PM Studio 1, Dena S.	Yogalates 4:30-5:30 PM Studio 1, Erin C.		Warm Yoga 4:00-5:00 PM Studio 1, Vali H.
Pilates Reformer 4:30-5:30 PM Pilates Studio, Bev F.		Pilates Reformer 5:30-6:30 PM Pilates Studio, Erin C.	Pilates Reformer 5:30-6:30 PM Pilates Studio, Dale D.			
		Group Centergy 6:15-7:00 PM Studio 1, Dena S.	Warm Yoga 6:35-7:45 PM Studio 1, Vali H.			