

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
Balletone 6:00-7:00 AM GFS, Joni	Hatha Yoga 6:30-7:30 AM MB, Jennifer	Core Fusion 7:30-8:30 AM MB, Camille	Restorative Yoga 9:00-9:45 AM MB, Anne	Yogalates with Mini Balls 9:00-10:00 AM MB, Camille	Hatha Yoga 9:00-10:15 AM MB, Robin	Hatha Yoga 9:00-10:30 AM MB, Dascha
Pilates Mat 9:00-10:00 AM MB, Josie	Neuro Kinetics 7:30-8:30 AM MB, Bob G	Warm Yoga 10:05-11:05 AM MB, Marina	Hatha Yoga 10:00-11:15 AM MB, Anne	Vinyasa Yoga 10:05-11:05 AM MB, Paige	Warm Yoga 10:30-11:45 AM MB, Vali	Pilates Reformer* 10:30-11:30 AM MB, Carla P
Vinyasa Yoga 10:05-11:05 AM MB, Paige	Restorative Yoga 9:00-9:45 AM MB, Anne					
	Hatha Yoga 10:00-11:15 AM MB, Anne					
Warm Yoga 12:00-1:00 PM MB, Vali	Group Centergy 12:00-1:00 PM MB, Josh	Warm Yoga 12:00-1:00 PM MB, Marina	Pilates Ball 12:00-1:00 PM MB, Camille	Hatha Yoga 12:00-1:00 PM MB, Anne	Tai Chi 12:05-1:20 PM GFS, Terri W	Warm Yoga 12:00-1:30 PM MB, Vali
Warm Yoga 4:20-5:20 PM MB, Toni	NIA 4:30-5:30 PM GFS, Tracy R.	Power Yoga 5:30-6:30 PM MB, Toni	Pilates Mat 5:30-6:30 PM MB, Carla	Hatha Yoga 5:30-6:45 PM MB, Dascha		
Pilates Mat 5:30-6:30 PM MB, Kelly R	Vinyasa Yoga 5:30-6:30 PM MB, Paige	Hatha Yoga 6:35-7:35 PM MB, Priya	Pilates Reformer* 6:30-7:30 PM MB, Carla P			
Hatha Yoga 6:35-7:35 PM MB, Jennifer	Group Centergy 6:30-7:30 PM GFS..will meet in MB room starting Sept. 1, Shigeko					

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
Balletone 6:00-7:00 AM GFS, Joni	Hatha Yoga 6:30-7:30 AM MB, Jennifer	Core Fusion 7:30-8:30 AM MB, Camille	Restorative Yoga 9:00-9:45 AM MB, Anne	Yogalates with Mini Balls 9:00-10:00 AM MB, Camille	Hatha Yoga 9:00-10:15 AM MB, Robin	Hatha Yoga 9:00-10:30 AM MB, Dascha
Pilates Mat 9:00-10:00 AM MB, Josie	Neuro Kinetics 7:30-8:30 AM MB, Bob G	Warm Yoga 10:05-11:05 AM MB, Marina	Hatha Yoga 10:00-11:15 AM MB, Anne	Vinyasa Yoga 10:05-11:05 AM MB, Paige	Warm Yoga 10:30-11:45 AM MB, Vali	Pilates Reformer* 10:30-11:30 AM MB, Carla P
Vinyasa Yoga 10:05-11:05 AM MB, Paige	Restorative Yoga 9:00-9:45 AM MB, Anne					
	Hatha Yoga 10:00-11:15 AM MB, Anne					
Warm Yoga 12:00-1:00 PM MB, Vali	Group Centergy 12:00-1:00 PM MB, Josh	Warm Yoga 12:00-1:00 PM MB, Marina	Pilates Ball 12:00-1:00 PM MB, Camille	Hatha Yoga 12:00-1:00 PM MB, Anne	Tai Chi 12:05-1:20 PM GFS, Terri W	Warm Yoga 12:00-1:30 PM MB, Vali
Warm Yoga 4:20-5:20 PM MB, Toni	NIA 4:30-5:30 PM GFS, Tracy R.	Power Yoga 5:30-6:30 PM MB, Toni	Pilates Mat 5:30-6:30 PM MB, Carla	Hatha Yoga 5:30-6:45 PM MB, Dascha		
Pilates Mat 5:30-6:30 PM MB, Kelly R	Vinyasa Yoga 5:30-6:30 PM MB, Paige	Hatha Yoga 6:35-7:35 PM MB, Priya	Pilates Reformer* 6:30-7:30 PM MB, Carla P			
Hatha Yoga 6:35-7:35 PM MB, Jennifer	Group Centergy 6:30-7:30 PM GFS..will meet in MB room starting Sept. 1, Shigeko					