

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 Yoga 6:00-7:00 AM Yoga Studio, Tracy	Pilates Reformer 6:00-6:55 AM Pilates Studio, Melissa	Warm Vinyasa Yoga 6:15-7:15 AM Yoga Studio, Liz	Iyengar Yoga 6:00-7:15 AM Yoga Studio, Adam	Pilates Mat 6:00-7:00 AM Group Fitness studio, Erica	Hatha Yoga 8:15-9:15 AM Yoga Studio, Deb	Group Centergy 9:30-10:30 AM Yoga Studio, MaryJo/Lynn/Megan
	Iyengar Yoga 6:00-7:15 AM Yoga Studio, Brad		Pilates Reformer 6:00-6:55 AM Pilates Studio, Erica	Yoga Sculpt 6:15-7:15 AM Yoga Studio, Mary Jo	Warm Power Vinyasa Yoga 9:30-10:30 AM Yoga Studio, Deb	
	Bar Conditioning 7:30-8:30 AM Yoga Studio, Jill		Bar Conditioning 7:30-8:30 AM Yoga Studio, Jill			
Warm Vinyasa Yoga 11:30-12:45 PM Yoga Studio, Amy	Bar Conditioning 11:00-12:00 PM Yoga Studio, Jill	Pilates Reformer 11:30-12:25 PM The Pilates Studio, Jill	Hot Yoga 12:00-1:00 PM Yoga Studio, Mindy	Bar Conditioning 11:30-12:30 PM Yoga Studio, Jill	Hot Yoga 12:30-2:00 PM Yoga Studio, Vali	Hot Yoga 1:00-2:30 PM Yoga Studio, John
Pilates Reformer 11:30-12:25 PM Pilates Studio, Donna	Warm Vinyasa Yoga 12:00-1:00 PM Yoga Studio, Liz	Iyengar Yoga 11:30-12:45 PM Yoga Studio, Kila	Pilates Mat 12:30-1:30 PM Group Fitness Studio, Erica C.	Pilates Reformer 12:30-1:25 PM Pilates Studio, Jill	Pilates Reformer 12:30-1:25 PM The Pilates Studio, Erica	
	Pilates Mat 12:30-1:30 PM Group Fitness Studio, Jill E	Jumpboard Pilates Reformer 12:30-1:25 PM Pilates Studio, Jill		Iyengar Yoga 12:30-1:45 PM Yoga Studio, Emma		
Hot Fusion Yoga 4:30-5:45 PM Yoga Studio, Whitney	Yoga Sculpt 4:30-5:30 PM Yoga Studio, Mary Jo	Hot Yoga 4:30-5:45 PM Yoga Studio, Vali	Pilates Mat 4:30-5:30 PM Group Fitness Studio, Amanda	Restorative Yoga 5:00-6:00 PM Yoga Studio, Lynn		Warm Power Vinyasa Yoga 4:30-5:30 PM Yoga Studio, Mary Jo
Pilates Reformer 5:15-6:10 PM Pilates Studio, Jill	Warm Power Vinyasa Yoga 5:45-6:45 PM Yoga Studio, Mike	Pilates Reformer 5:15-6:10 PM Pilates Studio, Jill	Bar Conditioning 4:30-5:30 PM Yoga Studio, Jill			
Vinyasa Yoga 6:00-7:00 PM Yoga Studio, Mike	Pilates Reformer 6:30-7:25 PM The Pilates Studio, Amanda	Warm Vinyasa Yoga 6:00-7:00 PM Yoga Studio, John	Warm Power Vinyasa Yoga 5:30-6:45 PM Yoga Studio, Paige			
Pilates Reformer 6:15-7:10 PM The Pilates Studio, Erica	Hot Yoga 7:00-8:15 PM Yoga Studio, John	Bar Conditioning 7:00-8:00 PM Yoga Studio, Kim	Pilates Reformer 6:30-7:25 PM Pilates Studio, Erica			
Bar Conditioning 7:00-8:00 PM Yoga Studio, Melissa			Hot Fusion Yoga 7:00-8:00 PM Yoga Studio, Keileen			

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 Yoga 6:00-7:00 AM Yoga Studio, Tracy	Pilates Reformer 6:00-6:55 AM Pilates Studio, Melissa	Warm Vinyasa Yoga 6:15-7:15 AM Yoga Studio, Liz	Iyengar Yoga 6:00-7:15 AM Yoga Studio, Adam	Pilates Mat 6:00-7:00 AM Group Fitness studio, Erica	Hatha Yoga 8:15-9:15 AM Yoga Studio, Deb	Group Centergy 9:30-10:30 AM Yoga Studio, MaryJo/Lynn/Megan
	Iyengar Yoga 6:00-7:15 AM Yoga Studio, Brad		Pilates Reformer 6:00-6:55 AM Pilates Studio, Erica	Yoga Sculpt 6:15-7:15 AM Yoga Studio, Mary Jo	Warm Power Vinyasa Yoga 9:30-10:30 AM Yoga Studio, Deb	
	Bar Conditioning 7:30-8:30 AM Yoga Studio, Jill		Bar Conditioning 7:30-8:30 AM Yoga Studio, Jill			
Warm Vinyasa Yoga 11:30-12:45 PM Yoga Studio, Amy	Bar Conditioning 11:00-12:00 PM Yoga Studio, Jill	Pilates Reformer 11:30-12:25 PM The Pilates Studio, Jill	Hot Yoga 12:00-1:00 PM Yoga Studio, Mindy	Bar Conditioning 11:30-12:30 PM Yoga Studio, Jill	Hot Yoga 12:30-2:00 PM Yoga Studio, Vali	Hot Yoga 1:00-2:30 PM Yoga Studio, John
Pilates Reformer 11:30-12:25 PM Pilates Studio, Donna	Warm Vinyasa Yoga 12:00-1:00 PM Yoga Studio, Liz	Iyengar Yoga 11:30-12:45 PM Yoga Studio, Kila	Pilates Mat 12:30-1:30 PM Group Fitness Studio, Erica C.	Pilates Reformer 12:30-1:25 PM Pilates Studio, Jill	Pilates Reformer 12:30-1:25 PM The Pilates Studio, Erica	
	Pilates Mat 12:30-1:30 PM Group Fitness Studio, Jill E	Jumpboard Pilates Reformer 12:30-1:25 PM Pilates Studio, Jill		Iyengar Yoga 12:30-1:45 PM Yoga Studio, Emma		
Hot Fusion Yoga 4:30-5:45 PM Yoga Studio, Whitney	Yoga Sculpt 4:30-5:30 PM Yoga Studio, Mary Jo	Hot Yoga 4:30-5:45 PM Yoga Studio, Vali	Pilates Mat 4:30-5:30 PM Group Fitness Studio, Amanda	Restorative Yoga 5:00-6:00 PM Yoga Studio, Lynn		Warm Power Vinyasa Yoga 4:30-5:30 PM Yoga Studio, Mary Jo
Pilates Reformer 5:15-6:10 PM Pilates Studio, Jill	Warm Power Vinyasa Yoga 5:45-6:45 PM Yoga Studio, Mike	Pilates Reformer 5:15-6:10 PM Pilates Studio, Jill	Bar Conditioning 4:30-5:30 PM Yoga Studio, Jill			
Vinyasa Yoga 6:00-7:00 PM Yoga Studio, Mike	Pilates Reformer 6:30-7:25 PM The Pilates Studio, Amanda	Warm Vinyasa Yoga 6:00-7:00 PM Yoga Studio, John	Warm Power Vinyasa Yoga 5:30-6:45 PM Yoga Studio, Paige			
Pilates Reformer 6:15-7:10 PM The Pilates Studio, Erica	Hot Yoga 7:00-8:15 PM Yoga Studio, John	Bar Conditioning 7:00-8:00 PM Yoga Studio, Kim	Pilates Reformer 6:30-7:25 PM Pilates Studio, Erica			
Bar Conditioning 7:00-8:00 PM Yoga Studio, Melissa			Hot Fusion Yoga 7:00-8:00 PM Yoga Studio, Keileen			