



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45-9:45a Gentle Yoga Marina M	7:00-8:00a \$10 Sunrise Yoga Veronika	8:30-9:30a Pilates Mat Jackie	8:30-9:30a Classical Pilates Mat Angelica	8:30-9:30a Pilates Mat Jackie	7:00-8:00a \$10 Sunrise Yoga Veronika	8:45-9:45a Pilates Freestyle Maddie
10:00-11:00am Open Yoga Marina M	8:30-9:30a Open Yoga Veronika	10:00-11:15a Beginner Yoga Marina M	10:00-11:15a Beginner Yoga Kristina	10:00-11:00a MELT Jenna	10:00-11:15a Mindful Flow Yoga Marina E	10:00-11:15a Open Yoga Liz
11:15-12:30p Mindful Flow Yoga Marina E	10:00-11:15a Gentle Yoga Marina E	12:30-1:30p Express Yoga Marina M		11:15-12:15p Pilates Freestyle Maddie		11:30-12:30p MELT Jenna
1:15-2:30p Beginner Yoga Dan	12:30-1:30p Express Yoga Liz	2:30-4:30p \$40 Community Acupuncture & Massage		12:30-1:30p Gentle Yoga Jenna		1:00-2:00p Core Stretch & Strengthen Elisabeth
2:45-3:30p Prenatal Pilates Angelica	5:15-6:15pm Open Yoga Laura	6:30-7:30p Pilates Mat Jackie	6:30-7:30p MELT Jenna	2:30-4:30p \$40 Community Acupuncture & Massage	6:30-7:30p Open Yoga Elisabeth	2:30-3:45p Prenatal Yoga Liz
3:45-4:45p Classical Pilates Mat Angelica	6:30-7:30p Beginner Yoga Laura	7:45-9:00p Mindful Flow Yoga Kristina	7:45-9:00p Open Yoga Marina E	6:30-7:30p Candlelight Restorative Yoga Jenna	7:45-8:45p Classical Pilates Mat Angelica	4:30-5:45p Candlelight Restorative Yoga Jenna
5:00-6:15p Beginner Yoga Veronika	7:45-9:00p MELT and Restore Jenna			7:45-9:00p Open Yoga Liz		