



MindBody Class Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Yoga Power Hour Tabitha Rose 5:30-6:30 am		Vinyasa Yoga Brooke/Tabitha 7:45-8:45	
		Vinyasa Flow Erica Nunnally 8:00-9:00				Broga Elizabeth 7:15-8:15 (group x room)
Yoga Power Hour Kim Whalen 9:00-10:00 am	Vinyasa Flow Erica Nunnally 9:00-10:15 am		Vinyasa Flow Julie Atwood 9:00-10:15 am		Pilate Mat Jacqui Ambrose 9:00-10:00 am	
		Barre Leah Taylor 9:30-10:30 am		NRG Barre Jacqui Ambrose 9:30-10:30 am		Vinyasa Yoga Julie Atwood 9:30-10:30 am
					NRG Barre Leah Taylor 10:00-11:00 am	
Yoga Power Hour Julie Atwood 5:30-6:30 pm	Yoga Power Hour Tabitha Rose 5:30-6:30 pm	NRG Barre Lisa Archer 5:30-6:30 pm	NRG Barre Lisa Archer 4:30-5:30 pm	Hatha Yoga Elizabeth/Jill 5:30-6:30 pm		
Restorative Yoga Tabitha Rose 6:45-7:45 pm						
			TRX Yoga Julie Atwood 7:00-8:00 pm (club floor)			

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