MindBody Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	**Yoga Power Hour** Kim Whalen 9:00-10:00 am	**Vinyasa Flow** Erica Nunnally 9:00-10:15 am	**Vinyasa Flow** Erica Nunnally 8:00-9:00	**Yoga Power Hour** Tabitha Rose 5:30-6:30 am	**NRG Barre** Jacqui Ambrose 9:30-10:30 am	**Vinyasa Yoga** Elizabeth/Tabitha 7:45-8:45 am	**Vinyasa Yoga** Julie Atwood 9:30-10:30 am
			Barre Lisa Archer 9:30-10:30 am			**Pilate Mat** Jacqui Ambrose 9:00-10:00 am	
						NRG Barre Leah Taylor 10:00-11:00 am	
EVENING	**Yoga Power Hour** Julie Atwood 5:30-6:30 pm	**Yoga Power Hour** Tabitha Rose 5:30-6:30 pm	**NRG Barre** Leah Taylor 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)			