



# MindBody Class Schedule

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	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
		<b>Yoga Power Hour</b> Julie 5:30-6:30 am		<b>Yoga Power Hour</b> Tabitha 5:30-6:30 am		<b>Vinyasa Yoga</b> Brooke/Tabitha 7:45-8:45	
	<b>Yoga Power Hour</b> Erica 9:00-10:00 am		<b>Vinyasa Flow</b> Erica 8:00-9:00			<b>Pilate Mat</b> Jacqui 9:00-10:00 am	
			<b>Barre</b> Leah 9:30-10:30 am		<b>NRG Barre</b> Colleen 9:30-10:30 am		<b>Vinyasa Yoga</b> Julie 9:30-10:30 am
						<b>NRG Barre</b> Leah 10:00-11:00 am	
	<b>Yoga Power Hour</b> Julie 5:30-6:30 pm	<b>Yoga Power Hour</b> Tabitha 5:30-6:30 pm	<b>NRG Barre</b> Lisa 5:30-6:30 pm	<b>NRG Barre</b> Lisa 4:30-5:30 pm	<b>Hatha Yoga</b> Elizabeth/Jill 5:30-6:30 pm		
	<b>Restorative Yoga</b> Tabitha 6:45-7:45 pm			<b>TRX Yoga</b> Julie 7:00-8:00 pm (club floor)			