



MindBody Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M O R N I N G			Pilate Intervals Christine Olson 5:30-6:15 AM				
		Yoga Power Hour Sara 5:30-6:30 AM	Vinyasa Flow Erica 8:00-9:00 AM	Yoga Power Hour Katie 5:30-6:30 AM		Vinyasa Yoga Lauren 7:45-8:45 AM	
	Yoga Power Hour Erica 9:00-10:00 AM				Yoga Power Hour Elizabeth 9:00-10:00 AM	Pilate Intervals Christine Olson 9:00-10:00 AM	Vinyasa Yoga Katie 9:30-10:30 AM
						NRG Barre Leah 10:00-11:00 AM	
						Foundation Yoga L1 Elizabeth 11:15-12:15 PM *Last Saturday of month	
E V E N I N G	Yoga Power Hour Brooke 5:30-6:30 PM		NRG Barre Lisa 5:30-6:30 PM	NRG Barre Lisa 4:30-5:30 PM	Hatha Yoga Jill 5:30-6:30 PM		
	Restorative Yoga Jill 6:45-7:45 PM						