



MindBody Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M O R N I N G		Yoga Power Hour Sara R. 5:30-6:30 AM		Yoga Power Hour Katie 5:30-6:30 AM		Vinyasa Yoga Elizabeth 7:45-8:45 AM	
	Yoga Power Hour Elizabeth 9:00-10:00 AM	Mat Pilates Leanne 8:00-9:00 AM	Vinyasa Flow Jill 8:00-9:00 AM		Yoga Power Hour Elizabeth 9:00-10:00 AM	NRG Barre Leah 9:00-10:00 AM	Vinyasa Yoga Katie 9:30-10:30 AM
E V E N I N G			NRG Barre Lisa 5:30-6:30 PM		Hatha Yoga Jill 5:30-6:30 PM		Restorative Yoga Jill 4:45-5:45 PM
	NRG Barre Leah 6:30-7:30 PM						