



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 Lauren 5:30-6:30 AM			
			Chakra Vinyasa Flow Jill 8:00-9:00 AM			Vinyasa Yoga Elizabeth 7:45-8:45 AM	Gentle Yoga Katie 8:15-9:15 AM
	Yoga Power Hour Elizabeth 9:00-10:00 AM	Vinyasa Yoga Lauren 9:00-10:00 AM		Vinyasa Yoga Sara 9:00-10:00 AM	Yoga Power Hour Elizabeth 9:00-10:00 AM	NRG Barre Leah 9:00-10:00 AM	
	Gentle Yoga (open to all members) Elizabeth 10:00-11:00 AM			Gentle Yoga (Norton) Heidi 10:00-11:00 AM			Vinyasa Yoga Katie 9:30-10:30 AM
E V E N I N G							
		NRG Barre Lisa 5:30-6:30 PM	Vinyasa Yoga Katy 5:30-6:30 PM		Hatha Yoga Jill 5:30-6:30 PM		
	NRG Barre Leah 6:30-7:30 PM			NRG Barre (Norton) Amanda 6:00-7:00 PM	Restorative Yoga Jill 6:30-7:30 PM		
	Vinyasa (Norton) Kerry 7:30-8:30 PM						