

Yoga and Pilates Schedule



CLASS	DAY	TIME	INST.
YOGA	MONDAY	7:00-8:30 PM	SUSANNE
PILATES	MONDAY	9:20-9:50 AM	KATHY
SENIOR YOGA	MONDAY	11:45-1:00 PM	ADAM
YOGA	TUESDAY	9:30-11:00 AM	SUSANNE
PILATES	TUESDAY	5:30-6:20 PM	GRETA
PILATES	WEDNESDAY	9:20-9:50 AM	KATHY
STRENGTH & YOGA	WEDNESDAY	10:00-11:30 AM	MIGUEL
SENIOR YOGA	WEDNSDAY	11:45-1:00 PM	ADAM
CORE YOGA	THURSDAY	6:00-6:50 PM	MIGUEL
YOGA	FRIDAY	6:00-7:00 AM	MIGUEL
PILATES	FRIDAY	9:20-9:50 AM	KATHY
YOGA	FRIDAY	10:00-11:30 AM	SUSANNE
YOGA	SUNDAY	10:15-11:45 AM	SUSANNE