

Mind~Body Class Schedule

Summer 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-7:00am Mat Pilates I (MB) <i>Lolly</i>					
7:30-8:45am Vinyasa Yoga II (MB) <i>Sonja</i>		7:30-8:45am Hatha Yoga II (MB) <i>Sheila</i>	7:30-8:30am Multi Level Mat Pilates (MB) <i>Mary Anne</i>	7:30-8:45am Hatha Yoga II (MB) <i>Niki</i>		
NEW 8:30-9:30am Nia® (B) <i>Marybeth</i>	8:00-9:00am Move the Qi (MB) <i>Wilma</i>	8:30-9:30am Nia® (B) <i>Marybeth</i>		8:30-9:30am Nia® (B) <i>Marybeth</i>	8:15-9:30am Vinyasa Yoga I (MB) <i>Iffet</i>	
	9:00-10:15am Integral Yoga (MB) <i>Charlene</i>		9:00-10:15am Integral Yoga (MB) <i>Charlene</i>	9:15-10:15am Hatha Yoga I (MB) <i>Priscilla</i>		9:00-10:15am Integral Yoga (MB) <i>Charlene</i>
9:15-10:15am Beginner Yoga (MB) <i>Charlene</i>					9:45-11:00am Hatha Yoga II (MB) <i>Niki</i>	
10:30-11:30am Multi Level Mat Pilates (MB) <i>Dana/Christine</i>	10:30-11:45am Vinyasa Yoga II (MB) <i>Daina</i>	10:15-11:15am Beginner Mat Pilates (MB) <i>Christine</i>	10:30-11:45am Hatha Yoga II (MB) <i>Niki</i>	10:30-11:30am Multi Level Mat Pilates (MB) <i>Heather</i>		NEW 10:15-11:00am Kids Yoga (B) <i>Becky</i>
						10:30-11:45am Power Yoga (MB) <i>Iffet</i>
11:45am-12:45pm Hatha Yoga I (MB) <i>Susan</i>		11:30am-12:45pm Hatha Yoga II (MB) <i>Susan</i>				
		1:00-2:00pm Gentle Yoga (MB) <i>Susan</i>				
	4:30-5:30pm Beginner Mat Pilates (MB) <i>Heather</i>	4:30-5:30pm Beginner Yoga (MB) <i>Priscilla</i>	4:30-5:30pm Beginner Mat Pilates (MB) <i>Amanda</i>			4:45-6:00pm Yogilates (MB) <i>Dana/Lolly</i>
5:30-6:30pm Multi Level Mat Pilates (MB) <i>Amanda/Dana</i>					5:30-6:30pm Beginner Yoga (MB) <i>Charlene</i>	
	5:45-6:45pm Vinyasa Yoga I (MB) <i>Ann</i>	5:45-6:45pm Mat Pilates II (MB) <i>Beth/Heather</i>	5:45-6:45pm Vinyasa Yoga I (MB) <i>Ann</i>			
6:45-8:00pm Vinyasa Yoga I (MB) <i>Becky/Daina</i>	7:00-8:15pm Hatha Yoga II (MB) <i>Niki</i>		7:00-8:15pm Vinyasa Yoga II (MB) <i>Iffet</i>			
					<div style="border: 1px solid black; padding: 5px;"> <p>(A) Studio A (B) Studio B (MB) Mind~Body Studio</p> <hr/> <p> Ideal for beginners!</p> </div>	