

# February Mind Body

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 am Sunrise Yoga I-III Shere	6:00-7:00am Ballet Sculpt* Rochelle	6:00-7:00 am Sunrise Yoga I-III Shere	6:00-7:00am Ballet Sculpt* Yvette	6:00-7:00 am Sunrise Yoga I-III Rebecca		
7:15-8:15am Tai Chi Eric	7:30-8:30am Yoga Basics Mark	7:15-8:15am Tai Chi Eric	7:30-8:30am Yoga Basics Mark			
8:35-9:35 am Pilates Mat Jess	8:35-9:35am NIA Dana	8:35-9:35am Pilates/Yoga Ashley	8:35-9:35am Ballet Sculpt* Kimberly	8:35-9:35am Pilates Mat Jess	8:30-9:45am Vinyasa Yoga II-III Rochelle	9:15-10:30am Restorative Yoga+ Indigo
9:45-10:45am <i>Beginner</i> Vinyasa Yoga I-II Ashley	9:45-10:45am Ballet Sculpt* Elizabeth	9:45-10:45am Vinyasa Yoga I-II Karen	9:45-10:45am Ballet Sculpt* Kimberly	9:45-10:45am Vinyasa Yoga II-III Mark	10:00-11:00am NIA Cheryl	10:45-11:45am Pilates Mat Kim M
11:00-12:00pm Cardio Fit Lori	11:00-12:00pm Hi/Lo Impact I Adrienne	11:00-12:00pm Stretch Therapy I-II Ruthie	11:00-12:00pm Pilates Ball Adrienne	11:00-12:00pm NIA Dana	11:15-12:15pm Ballet Sculpt* Rochelle	12:00-1:00pm Vinyasa Yoga I-III Ashley
12:15-1:15pm Lunchtime Power Hour II-III Anne	12:15-1:15pm Yin Yoga Rochelle	12:15-1:15pm Ballet Sculpt* Elizabeth	12:15-1:30pm Lunchtime Power Hour II-III Anne	12:15-1:15pm Ballet Sculpt* Kimberly	12:30-1:30pm Yoga Mama's Rochelle	1:15-2:15pm Ballet Sculpt* Molly
4:00-5:00pm Hatha Yoga I-II Brenna	4:00-5:00pm Vinyasa Yoga II-III Lili	4:15-5:15pm Yoga For All I-II Mark	4:00-5:00pm Hatha Yoga I-II Derik	4:00-5:15pm Vinyasa Yoga I-III Indigo	4:00-5:15pm Vinyasa Yoga I-III Indigo	4:00-5:15pm Vinyasa Yoga I-III Lili
5:30-6:30pm Ballet Sculpt* Molly	5:35-6:35pm Pilates Mat Molly K.	5:30-6:30pm Vinyasa Yoga I-III Indigo	5:30-6:30pm Pilates Mat Candice			5:30-6:30pm Yin Yoga Rochelle
	6:35-7:35pm Restorative Yoga+ Indigo	6:35-7:35pm NIA Dana				