

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
	Morning Motion Yoga 6:30am-7:30am Wellness Studio <i>Saeeda</i>		Morning Motion Yoga 6:30am-7:30am Wellness Studio <i>Anna</i>		
Hatha Flow 12:00pm-1:00pm Wellness Studio <i>Sophia</i>	Hatha Flow 11:30am-12:30pm Wellness Studio <i>Ernie</i>	Pilates Intermediate 11:00am-12:00pm Studio 3 <i>Lena</i>	Hatha Flow 11:30am-12:30pm Wellness Studio <i>Suzanne</i>		
Pilates 1:00pm-2:00pm Wellness Studio <i>Scotty</i>	Hatha Flow 12:30pm-1:30pm Wellness Studio <i>Ernie</i>	Iyengar Yoga 11:30am-12:30pm Wellness Studio <i>Leslie</i>	Hatha Flow 12:30pm-1:30pm Wellness Studio <i>Suzanne</i>	Power Yoga 12:00pm-1:00pm Wellness Studio <i>Jamaica</i>	
		Power Yoga 12:30pm-1:30pm Wellness Studio <i>Jamaica</i>			
Beginning Yoga 5:30pm-6:30pm Wellness Studio <i>Kevin</i>	Pilates Basics 5:30pm-6:30pm Wellness Studio <i>Lena</i>	Pilates Flow 5:30pm-6:30pm Studio 2 <i>Lena</i>			Wind Down Yoga 4:00pm-5:15pm Wellness Studio <i>Saeeda</i>
Feldenkrais ATM 5:30pm-6:30pm Studio 2 <i>Linda</i>	Yoga 101 5:30pm-6:30pm Studio 2 <i>Ernie</i>	Hatha Flow 5:30pm-6:45pm Wellness Studio <i>Jamaica</i>	Yoga-Based Stretch 5:30pm-6:30pm Wellness Studio <i>Bev</i>	Lengthen, Strengthen & Relax 5:30pm-6:30pm WellnessStudio <i>Katherine</i>	
Pilates Basics 6:30pm-7:30pm Wellness Studio <i>Rebecca</i>	Power Yoga 6:30pm-7:45pm Wellness Studio <i>Suzanne</i>	Hatha Flow 6:30pm-7:45pm Studio 2 <i>Ethan</i>	Hatha Flow 6:30pm-7:30pm Wellness Studio <i>Jennifer</i>		
	Beginning Yoga 6:35pm-7:35pm Studio 2 <i>Ernie</i>	Pilates 6:45pm-7:45pm Wellness Studio <i>Rebecca</i>			