

MINDFUL MOVEMENT Zoom & Flex Fusion **Fall 2021** Class Schedule (408) 234-6430

			Yoga	Pilates	Barre		
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM							
8:30 AM		Mat Pilates Ale (60)		Barre Method Ale (60)		Gentle Vinyasa Flow Amy's Garden (60)	
9:30 AM							
10:00 AM	Gentle Yoga w/ Weights Cindy (60)		Gentle Yoga Cindy (60)		Gentle Yoga Cindy (60)		Vinyasa Flow Yoga Cindy (75)
11:00 AM							
11:30 AM	Gentle Restorative Yoga Cindy (75)						
12:30 PM						Restorative Yoga Cindy (75)	
3:00 PM							
4:00 PM			Yin Yoga & Balls Amy (60)				
5:30 PM							
<i>Recommended Props</i>	<i>Yoga Mat, Block, Bolster, Dynaband, Therapy Balls and Eye Pillow.</i>	<i>Mat, Pilates Ball, DynaBand and Therapy Balls.</i>	<i>Yoga Mat, Block, Bolster, Dynaband, Therapy Balls and Eye Pillow.</i>	<i>Pilates Ball, Mini Weights and DynaBands.</i>	<i>Yoga Mat, Block, Bolster, Dynaband, Therapy Balls and Eye Pillow.</i>	<i>Yoga Mat, Block, Bolster, Dynaband, Therapy Balls and Eye Pillow.</i>	<i>Yoga Mat, Block, Bolster, Dynaband, Therapy Balls and Eye Pillow.</i>

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<u>Karmasoft Registration Portal</u>				<u>Mindful Movement</u>		