

Month: *August*

Yoga

Pilates

Barre

Qigong

Time	Monday Aug 10	Tuesday Aug 11	Wednesday Aug 12	Thursday AUG 13	Friday Aug 14	Saturday Aug 15	Sunday Aug 16
6:30 AM							
8:00 AM						Vinyasa - Cindy	
8:30 AM	Yoga Strong - Katie	Pilates - Ale	Barre - Katie				
9:00 AM							Qigong - Len
10:00 AM	Gentle Yoga - Cindy		Gentle Yoga - Cindy		Gentle Yoga - Cindy	Gentle Yoga - Cindy	Vinyasa - Cindy
12:00 PM							
4:00 PM		Yin & Balls - Cindy		Yin & Restorative - Cindy			
6:00 PM	Vinyasa - Angela D.		Vinyasa - Angela D.				
6:30 PM		Restorative - Jessica		Gentle - Angela			
7:00 PM							
Recommended Props for Classes:	Yoga Mat, Block, Bolster, Dynabands or Strap, Eye Pillow.	Yoga Tune Up Balls.	Blanket and/or Roll.	Neck	Barre Ball & Bands.		