

MONTH: Nov-20		Yoga		Pilates	Barre	Qigong	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM							
8:00 AM							
8:30 AM		Mat Pilates Ale (60)			Barre Ale (60)	QiGong Len (60)	
9:30 AM							
10:00 AM	Gentle Yoga Cindy (60)		Gentle Yoga Cindy (60)	Vinyasa Yoga Lawrence (60)	Gentle Yoga Cindy (60)	Gentle Yoga Cindy (60)	Vinyasa Yoga Cindy (75)
12:00 PM							
4:00 PM		Yin Yoga w/ Ball Therapy Cindy (60)		The Mind on the Mat Group Life Coaching Cindy (60)			
5:30 PM							
6:00 PM							
6:30 PM							
<i>Recommended Props for Classes:</i>	<i>Yoga Mat, Block, Bolster, Dynabands, Balls and Eye Pillow.</i>	<i>Pilates Ball, DynaBands and Tune Up Balls.</i>		<i>Blanket and/or Neck Roll.</i>	<i>Pilates Ball, Mini Weights & DynaBands.</i>		
	<u>Log in to Karmasoft.</u>				<u>Mindful Movement</u>		