

MONTH: OCTOBER		Yoga		Pilates		Barre		Qigong	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
7:00 AM									
8:30 AM		Mat Pilates - Ale (60)				Barre - Ale (60)	Qigong - Len (60)		
9:00 AM									
9:30 AM									
10:00 AM	Gentle - Cindy (60)		Gentle - Cindy (60)	Vinyasa - Lawrence (60)	Gentle - Cindy (60)	Vinyasa - Angela (60)	Vinyasa - Cindy (75)		
4:00 PM		Yin & Ball Therapy - Cindy (60)		Restorative Yoga - Cindy (60)					
4:30 PM									
5:00 PM									
5:30 PM					10/16 Date Night Restorative - Angela				
6:30 PM									
7:00 PM									
Recommended Props for Classes:	Yoga Mat, Block, Bolster, Dynabands or Strap, Eye Pillow.	Yoga Tune Up Balls.	Blanket and/or Neck Roll.	Barre Ball & Bands.					
	Zoom Live Links	Embedded in Classes.		Log in to Karmasoft.					