

MINDFUL MOVEMENT

Live & Zoom

Class Schedule

(408) 234-6430

			Yoga	Pilates	Barre	Qigong	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM							
8:30 AM		Mat Pilates Ale (60)		Barre Method Ale (60)			
9:30 AM							
10:00 AM	Gentle Yoga Cindy (60)		Gentle Yoga Cindy (60)		Gentle Yoga Cindy (60)	Gentle Flow Amy (75)	Vinyasa Yoga Cindy (75)
11:00 AM							
11:15 PM	Yin Yoga & Ball Therapy Cindy (60)		Restorative Yoga & Meditation Cindy (60)				
2:00 PM							
3:00 PM							
4:30 PM							
5:30 PM							
6:00 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>
	<u>Karmasoft Registration Portal</u>	<u>Flex Fusion Studio LIVE Classes</u>			<u>Mindful Movement</u>		