

MONDAY

9:15 - 10:15 AM	Ease Into Yoga	Kathy
6:15 - 7:45 PM	Yoga II, Intermediate	Stella
6:00 - 7:00 PM	Tap Dance @ Van Gogh	Lori


TUESDAY

9:15 - 10:15 AM	Beginning Kundalini	Diana
12:00 - 1:00 PM	Yoga/Pilates Mixed Class	Mary
5:45 - 6:45 PM	Yoga I, Beginner	Stella
7:00 - 9:00 PM	Gate City Dojo	Sensei

WEDNESDAY

9:15 - 10:15 AM	Ease Into Yoga	Kathy
12:00 - 1:00 PM	Yoga I/II, Beg/Int.	Stella
5:15 - 6:15 PM	All Levels of Yoga	Ethan
6:20 - 7:20 PM	Zumba	Earl
7:30 - 8:30 PM	Ballroom Dance	Lori

THURSDAY

9:15 - 10:15 AM	 Introduction to Pilates*	Jennifer & Melinda
5:15 - 6:15 PM	Stress Less Yoga	Lori
7:00 - 9:00 PM	Gate City Dojo	Sensei

FRIDAY

5:15 - 6:30 PM	Vinyasa Flow Yoga Series	Julie
6:45 - 7:45 PM	 Argentine Tango*	Barb

SATURDAY

Workshops/Events

SUNDAY

3:00 - 4:15 PM	Yin Yoga	Lori
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