

### Mind/Body Schedule

Monday 2/21/2011	Tuesday 2/22/2011	Wednesday 2/23/2011	Thursday 2/24/2011	Friday 2/25/2011	Saturday 2/26/2011	Sunday 2/27/2011
<b>Flow Yoga</b> 9:30-10:30 AM Mind Body Studio, Jennifer	<b>Yoga 2-3</b> 9:30-11:00 AM Mind Body Studio, Pam Hong	<b>Yoga 1-2</b> 5:15-6:15 AM Mind Body Studio, Tara S.	<b>Yoga 2-3</b> 9:30-10:30 AM Mind Body Studio, Mindy C.	<b>Yoga 1-2</b> 5:15-6:15 AM Mind Body Studio, Tara S.	<b>Yoga 1-2</b> 8:45-9:45 AM Mind Body Studio, Mindy C. & Kyri A.	<b>Yoga 2-3</b> 10:30-12:00 PM Mind Body Studio, Bill & Barbara
<b>Reformer (FB)</b> 10:30-11:30 AM Pilates Studio, Sharon L.				<b>Ashtanga Yoga</b> 9:15-10:45 AM Mind Body Studio, Pam Hong		
	<b>Pilates Mat</b> 12:00-1:00 PM Mind Body Studio, Sharon L.	<b>Pilates Reformer (FB)</b> 12:00-1:00 PM Pilates Studio, Sharon L.	<b>Pilates Mat</b> 12:00-1:00 PM Mind Body Studio, Susie L.	<b>Pilates Mat</b> 11:00-12:00 PM Mind Body Studio, Marilyn G.		
<b>Yoga 1-2-3</b> 5:30-6:30 PM Mind Body Studio, Cecillie B.	<b>Pilates Reformer (FB)</b> 5:30-6:30 PM Pilates Studio, Jan R.	<b>Intro Pilates Reformer</b> 4:30-5:30 PM Pilates Studio, Debbie W.	<b>Yoga 1-2</b> 4:30-5:45 PM Mind Body Studio, Mindy C.	<b>Restorative Yoga</b> 5:00-6:00 PM Mind Body Studio, Bill & Barbara		
<b>Reformer (FB)</b> 5:30-6:30 PM Pilates Studio, Sharon L.	<b>Yoga 2-3</b> 6:00-7:30 PM Mind Body Studio, Janice B.	<b>Pilates Mat</b> 5:30-6:30 PM Mind Body Studio, Marilyn G.	<b>Reformer (FB)</b> 5:45-6:45 PM Del Norte Pilates Studio, Susie L.			

### Mind/Body Schedule

Monday 2/28/2011	Tuesday 3/1/2011	Wednesday 3/2/2011	Thursday 3/3/2011	Friday 3/4/2011	Saturday 3/5/2011	Sunday 3/6/2011
<b>Flow Yoga</b> 9:30-10:30 AM Mind Body Studio, Jennifer	<b>Yoga 2-3</b> 9:30-11:00 AM Mind Body Studio, Pam Hong	<b>Yoga 1-2</b> 5:15-6:15 AM Mind Body Studio, Tara S.	<b>Yoga 2-3</b> 9:30-10:30 AM Mind Body Studio, Mindy C.	<b>Yoga 1-2</b> 5:15-6:15 AM Mind Body Studio, Tara S.	<b>Yoga 1-2</b> 8:45-9:45 AM Mind Body Studio, Mindy C. & Kyri A.	<b>Yoga 2-3</b> 10:30-12:00 PM Mind Body Studio, Bill & Barbara
<b>Reformer (FB)</b> 10:30-11:30 AM Pilates Studio, Sharon L.				<b>Ashtanga Yoga</b> 9:15-10:45 AM Mind Body Studio, Pam Hong		
	<b>Pilates Mat</b> 12:00-1:00 PM Mind Body Studio, Sharon L.	<b>Pilates Reformer (FB)</b> 12:00-1:00 PM Pilates Studio, Sharon L.	<b>Pilates Mat</b> 12:00-1:00 PM Mind Body Studio, Susie L.	<b>Pilates Mat</b> 11:00-12:00 PM Mind Body Studio, Marilyn G.		
<b>Yoga 1-2-3</b> 5:30-6:30 PM Mind Body Studio, Cecillie B.	<b>Pilates Reformer (FB)</b> 5:30-6:30 PM Pilates Studio, Jan R.	<b>Intro Pilates Reformer</b> 4:30-5:30 PM Pilates Studio, Debbie W.	<b>Yoga 1-2</b> 4:30-5:45 PM Mind Body Studio, Mindy C.	<b>Restorative Yoga</b> 5:00-6:00 PM Mind Body Studio, Bill & Barbara		
<b>Reformer (FB)</b> 5:30-6:30 PM Pilates Studio, Sharon L.	<b>Yoga 2-3</b> 6:00-7:30 PM Mind Body Studio, Janice B.	<b>Pilates Mat</b> 5:30-6:30 PM Mind Body Studio, Marilyn G.	<b>Reformer (FB)</b> 5:45-6:45 PM Del Norte Pilates Studio, Susie L.			