

Mind/Body Schedule

Monday 2/21/2011	Tuesday 2/22/2011	Wednesday 12:00:00 AM	Thursday 2/24/2011	Friday 12:00:00 AM	Saturday 2/26/2011	Sunday 12:00:00 AM
Pilates Mat 6:30-7:30 AM Group Fitness Studio, Hannah K	Yoga I-II 6:00-7:00 AM Group Fitness Studio, David E		Yoga I-II 6:00-7:00 AM Group Fitness Studio, David E		Yoga II-III 8:30-9:45 AM Group Exercise Studio, Robin P	
Yoga I-II 12:05-1:00 PM Group Fitness Studio, Julie H						
Ashtanga III-IV 5:30-6:45 PM Group Fitness Studio, Jimmy C -----	Pilates Fundamentals 5:15-6:15 PM Downstairs Studio, Hannah K					

Mind/Body Schedule

Monday 2/28/2011	Tuesday 3/1/2011	Wednesday 12:00:00 AM	Thursday 3/3/2011	Friday 12:00:00 AM	Saturday 3/5/2011	Sunday 12:00:00 AM
Pilates Mat 6:30-7:30 AM Group Fitness Studio, Hannah K	Yoga I-II 6:00-7:00 AM Group Fitness Studio, David E		Yoga I-II 6:00-7:00 AM Group Fitness Studio, David E		Yoga II-III 8:30-9:45 AM Group Exercise Studio, Robin P	
Yoga I-II 12:05-1:00 PM Group Fitness Studio, Julie H						
Ashtanga III-IV 5:30-6:45 PM Group Fitness Studio, Jimmy C -----	Pilates Fundamentals 5:15-6:15 PM Downstairs Studio, Hannah K					