

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
<p>Yoga (I) 10:45-11:45 AM Group Fitness Studio, Sally</p> <hr style="border-top: 1px dashed black;"/>	<p>Fundamentals 7:00-8:00 AM Group Fitness Studio, Liz</p> <hr style="border-top: 1px dashed black;"/> <p>Mat (I) 8:15-9:15 AM Group Fitness Studio, Liz</p> <hr style="border-top: 1px dashed black;"/> <p>Reformer (FB) 8:15-8:30 AM Pilates Studio, Tracy</p> <hr style="border-top: 1px dashed black;"/> <p>Reformer (FB) 9:30-9:30 AM Pilates Studio, Jan</p>	<p>Yoga (II-III) 10:45-12:00 PM Group Fitness Studio, Robin</p> <hr style="border-top: 1px dashed black;"/>	<p>Mat (II) 8:30-9:25 AM Group Fitness Studio, Sharon</p> <hr style="border-top: 1px dashed black;"/> <p>Reformer (FB) 9:30-10:30 AM Pilates Studio, Jan</p> <hr style="border-top: 1px dashed black;"/>	<p>Yoga (I-II) 10:45-11:45 AM Group Fitness Studio, Kyri</p> <hr style="border-top: 1px dashed black;"/>	<p>Meditation 7:45-8:00 AM Group Fitness Studio, Gloria</p> <hr style="border-top: 1px dashed black;"/>	<p>Reformer (FB) 9:00-10:00 AM Pilates Studio, Jan</p> <hr style="border-top: 1px dashed black;"/> <p>Reformer (FB) 10:00-11:00 AM Pilates Studio, Jan</p> <hr style="border-top: 1px dashed black;"/>
						<p>Reformer (FB) 11:00-12:00 PM Pilates Studio, Jan</p>
<p>Flow Yoga 7:00-8:00 PM Aerobic Studio, Robin</p> <hr style="border-top: 1px dashed black;"/>	<p>Yoga (I-II) 4:30-5:30 PM Group Fitness Studio, Mindy</p> <hr style="border-top: 1px dashed black;"/> <p>Yoga (I-II) 7:00-8:00 PM Group Fitness Studio, Cecilie</p>	<p>Mat (I-II) 7:05-8:05 PM Group Fitness Studio, Marilyn</p> <hr style="border-top: 1px dashed black;"/>	<p>Restorative Yoga 4:30-5:30 PM Group Fitness Studio, Cecilie</p> <hr style="border-top: 1px dashed black;"/> <p>Yoga (I-II) 7:00-8:00 PM Group Fitness Studio, Cecilie</p>			

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
<p>Yoga (I) 10:45-11:45 AM Group Fitness Studio, Sally</p> <hr style="border-top: 1px dashed black;"/>	<p>Fundamentals 7:00-8:00 AM Group Fitness Studio, Liz</p> <hr style="border-top: 1px dashed black;"/> <p>Mat (I) 8:15-9:15 AM Group Fitness Studio, Liz</p> <hr style="border-top: 1px dashed black;"/> <p>Reformer (FB) 8:15-8:30 AM Pilates Studio, Tracy</p> <hr style="border-top: 1px dashed black;"/> <p>Reformer (FB) 9:30-9:30 AM Pilates Studio, Jan</p>	<p>Yoga (II-III) 10:45-12:00 PM Group Fitness Studio, Robin</p> <hr style="border-top: 1px dashed black;"/>	<p>Mat (II) 8:30-9:25 AM Group Fitness Studio, Sharon</p> <hr style="border-top: 1px dashed black;"/> <p>Reformer (FB) 9:30-10:30 AM Pilates Studio, Jan</p> <hr style="border-top: 1px dashed black;"/>	<p>Yoga (I-II) 10:45-11:45 AM Group Fitness Studio, Kyri</p> <hr style="border-top: 1px dashed black;"/>	<p>Meditation 7:45-8:00 AM Group Fitness Studio, Gloria</p> <hr style="border-top: 1px dashed black;"/>	<p>Reformer (FB) 9:00-10:00 AM Pilates Studio, Jan</p> <hr style="border-top: 1px dashed black;"/> <p>Reformer (FB) 10:00-11:00 AM Pilates Studio, Jan</p> <hr style="border-top: 1px dashed black;"/>
						<p>Reformer (FB) 11:00-12:00 PM Pilates Studio, Jan</p>
<p>Flow Yoga 7:00-8:00 PM Aerobic Studio, Robin</p> <hr style="border-top: 1px dashed black;"/>	<p>Yoga (I-II) 4:30-5:30 PM Group Fitness Studio, Mindy</p> <hr style="border-top: 1px dashed black;"/> <p>Yoga (I-II) 7:00-8:00 PM Group Fitness Studio, Cecilie</p>	<p>Mat (I-II) 7:05-8:05 PM Group Fitness Studio, Marilyn</p> <hr style="border-top: 1px dashed black;"/>	<p>Restorative Yoga 4:30-5:30 PM Group Fitness Studio, Cecilie</p> <hr style="border-top: 1px dashed black;"/> <p>Yoga (I-II) 7:00-8:00 PM Group Fitness Studio, Cecilie</p>			