

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 II/III 10:45-12:15 PM Group Fitness Studio, Marina B</p>	<p>Yoga I/II 7:30-8:45 AM Group Fitness Studio, Esmeralda F</p>	<p>Yoga I/II 7:30-8:45 AM Group Exercise Studio, Esmeralda F</p>	<p>Yoga I/II 7:30-8:45 AM Group Fitness Studio, Esmeralda F</p>	<p>Pilates Mat 10:30-11:30 AM Pilates Studio, Susie L</p>		<p>Meditation 7:30-8:15 AM Group Fitness Studio, Paul V/Esmeralda F</p>
		<p>Yoga II/III 10:45-12:15 PM Group Fitness Studio, Marina B</p>				<p>Yoga I/II 8:15-9:30 AM Group Fitness Studio, Paul V/Esmeralda F</p>
<p>Pilates Mat 11:00-12:00 PM Pilates Studio, Susie L</p>	<p>Yoga I 12:00-1:15 PM Group Fitness Studio, Marina B</p>	<p>Pilates Mat 11:00-12:00 PM Pilates Studio, Marilyn G</p>	<p>Yoga I/II 12:00-1:15 PM Group Fitness Studio, Marina B</p>	<p>Yoga I/II 12:00-1:30 PM Group Fitness Studio, Pam H</p>	<p>Yoga II/III 12:30-2:00 PM Group Fitness Studio, Pam H</p>	
	<p>Yoga II 6:30-8:00 PM Group Fitness Studio, Marina B</p>		<p>Intro to Ashtanga 4:00-5:20 PM Group Fitness Studio, Marina B</p>			
			<p>Prenatal Yoga 7:15-8:15 PM Pilates Studio, Jenny D</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
Yoga II/III 10:45-12:15 PM Group Fitness Studio, Marina B	Yoga I/II 7:30-8:45 AM Group Fitness Studio, Esmeralda F	Yoga I/II 7:30-8:45 AM Group Exercise Studio, Esmerelda F	Yoga I/II 7:30-8:45 AM Group Fitness Studio, Esmeralda F	Pilates Mat 10:30-11:30 AM Pilates Studio, Susie L		Meditation 7:30-8:15 AM Group Fitness Studio, Paul V/Esmerelda F
		Yoga II/III 10:45-12:15 PM Group Fitness Studio, Marina B				Yoga I/II 8:15-9:30 AM Group Fitness Studio, Paul V/Esmerelda F
Pilates Mat 11:00-12:00 PM Pilates Studio, Susie L	Yoga I 12:00-1:15 PM Group Fitness Studio, Marina B	Pilates Mat 11:00-12:00 PM Pilates Studio, Marilyn G	Yoga I/II 12:00-1:15 PM Group Fitness Studio, Marina B	Yoga I/II 12:00-1:30 PM Group Fitness Studio, Pam H	Yoga II/III 12:30-2:00 PM Group Fitness Studio, Pam H	
	Yoga II 6:30-8:00 PM Group Fitness Studio, Marina B		Intro to Ashtanga 4:00-5:20 PM Group Fitness Studio, Marina B			
			Prenatal Yoga 7:15-8:15 PM Pilates Studio, Jenny D			