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| WEEKDAY | TIME | CLASS TYPE | YOUR TEACHER |
| MONDAY | 08.30 to 09.3009.45 to 10.4511.15 to 12.1012.25 to 13.2513.40 to 14.4014.50 to 15.4516.00 to 17.0018.00 to 18.5519.10 to 20.05 | MENS YOGAVINYASA FLOW YOGAPILATES LEVEL 2TAI-CHI BEGINNGERS PILATES LEVEL 2PILATES MIXED  | AMANDA R (NOVEMBER)SARAH LEEDOROTATINA TRACY FTRACY F |
| TUESDAY | 08.25 to 09.2509.40 to 10.3510.45 to 11.4512.00 to 13.0013.10 to 14.1014.20 to 15. 2015.30 to 16.3016.45 to 17.4018.00 to 18.5519.10 to 20.05 | PILATES LEVEL 1PILATES LEVEL 2X-HAIL MEDITATIONMINDFUL MOVEMENTYOGA FOR ALLYOGA FOR ALLYOGA FOR ALL | WENDY HWENDY HJANE LHANNAH J (JANUARY)WENDY PWENDY PWENDY P |
| WEDNESDAY CONTINUED | 09.00 to 09.5510.00 to 10.5011.00 to 11.5512.15 to 13.1013.25 to 14.2514.40 to 15.4016.45 to 17.4518.00 to 18.5519.10 to 20.05 | PILATESPILATES MIXEDYOGA FOR ALLDRU YOGAPILATES MIXEDLADIES PILATES ALL ABILITIES  | TRACY F (NOVEMBER)TRACY FJAN JAN TRACY M TRACY M  |
| THURSDAY  | 08.30 to 09.3009.45 to 10.4511.00 to 12.0012.15 to 13.1513.30 to 14.3014.45 to 15.4516.45 to 17.4518.00 to 19.0019.10 to 20.10 | PILATES MIXED ABILITY PILATES LEVEL 1PILATES LEVEL 2MEDITATIVE YOGAYOGA FOR ALLRESTORATIVE YOGAYOGA FOR ALL | TRACY FTRACY FDOROTACAZ M (NOV 4TH)CLIVE DIANA DIANA |
| FRIDAY  | 08.15 to 09.1509.30 to 10.3011.00 to 12.0012.15 to 13.1513.30 to 14.3014.45 to 15.4516.45 to 17.4518.00 to 19.0019.10 to 20.10 | PILATESTAI CHI & MEDITATIONDRU YOGAX-HAIL MEDITATIONMENS YOGAYOGA FOR ALL | TRACY F (NOVEMBER)TINA (NOVEMBER)JANJANE LAMANDA R (NOVEMBER)CLIVE  |
| SATURDAY  | 10.30 to 11.15 | INSTEPP FITNESS | JULIE F  |