

## October Mind & Body Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	7:30 am Long & Lean: Sally Smigielski - Studio 1	7:30 am Yoga: Sally Smigielski - Studio 1				
8:30 am Mat Pilates: Lynsey Kennon - Mind Body Studio	8:30 am Tai Chi: Sheila Butler - Studio 1	8:30 am Mat Pilates: Lynsey Kennon - Mind Body Studio	8:30 am Tai Chi: Sheila Butler - Studio 1		8:15 am Vinyasa Yoga: Margie Karls - Studio 1	
9:30 am Gentle Yoga: Lynsey Kennon - Studio 1	9:30 am Gentle Yoga: Sally Smigielski - Studio 1	9:30 am Hatha Yoga with Meditation: Margie Karls - Mind Body Studio	9:30 am Gentle Yoga: Sally Smigielski - Studio 1	9:30 am Gentle Pilates: Lynsey Kennon - Mind Body Studio		
		10:30 am Long & Lean: Lynsey Kennon - Mind Body Studio		10:30 am Yoga: Peggy Bogard - Mind Body Studio		
12:15 pm Yoga: Lynsey Kennon - Mind Body Studio		12:00 pm Pre/Postnatal Yoga: Lynsey Kennon - Mind Body Studio	12:15 pm Yoga: Peggy Bogard - Mind Body Studio			
						1:00 pm Power Pilates: Margie Karls - Studio 1
4:30 pm Pre/Postnatal Yoga: Lynsey Kennon - Mind Body Studio		4:45 pm Power Pilates: Margie Karls - Mind Body Studio				
5:15 pm Classical Yoga: Lynsey Kennon - Studio 2	5:15 pm Mat Pilates: Lynsey Kennon - Mind Body Studio		5:15 pm Yoga: Lynsey Kennon - Mind Body Studio	5:30 pm Power Pilates: Margie Karls - Mind Body Studio		
	6:30 pm Vinyasa Yoga: Lynsey Kennon - Studio 1	6:00 pm Warrior Sculpt: Lynsey Kennon - Mind Body Studio				