

November Mind & Body Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:30 am Yoga: Keith Davis - Studio 1		7:30 am Yoga: Keith Davis - Studio 1				
	8:30 am Tai Chi: Sheila Butler - Studio 1	8:30 am Mat Pilates: Keith Davis - Mind Body Studio	8:30 am Tai Chi: Sheila Butler - Studio 1		8:15 am Yoga: Keith Davis - Studio 1	
9:30 am Gentle Yoga: Penny Williams - Studio 1	9:30 am Gentle Yoga: Keith Davis - Studio 1		9:30 am Gentle Yoga: Penny Williams - Studio 1	9:30 am Gentle Pilates: Margie Karls - Mind Body Studio		
				10:30 am Yoga: Peggy Bogard - Mind Body Studio		
12:15 pm Yoga: Keith Davis - Mind Body Studio	12:15 pm Mat Pilates: Margie Karls - Studio 1		12:15 pm Yoga: Peggy Bogard - Mind Body Studio			
						1:00 pm Power Pilates: Margie Karls - Studio 1
		3:30 pm Yoga: Keith Davis - Mind Body Studio		3:30 pm Yoga: Keith Davis - Studio 1		
		4:45 pm Power Pilates: Margie Karls - Mind Body Studio				
5:15 pm Classical Yoga: Keith Davis - Studio 2	5:15 pm Mat Pilates: Kristin Bodiford - Mind Body Studio					

6:30 pm Vinyasa Yoga:
Margie Karls - Studio 1

6:00 pm Warrior Sculpt:
Margie Karls - Mind Body
Studio