

January Mind & Body Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	7:30 am Long & Lean: Rachel Royer - Studio 1	7:30 am Yoga: Keith Davis - Studio 1				
8:30 am Mat Pilates: Margie Karls - Mind Body Studio	8:30 am Tai Chi: Sheila Butler - Studio 1 8:30 am Power Pilates: Margie Karls - Mind Body Studio	8:30 am Mat Pilates: Keith Davis - Mind Body Studio	8:30 am Tai Chi: Sheila Butler - Studio 1			
9:30 am Gentle Yoga: Margie Karls - 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: 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 Yoga: Peggy Bogard - Mind Body Studio			
						1:00 pm Power Pilates: Margie Karls - Studio 1
		3:30 pm Yoga: Keith Davis - Mind Body Studio				
		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		5:15 pm Yoga: Keith Davis - Mind Body Studio	5:30 pm Power Pilates: Margie Karls - Mind Body Studio		

	6:30 pm Vinyasa Yoga: Margie Karls - Studio 1 -----	6:00 pm Warrior Sculpt: Margie Karls - Mind Body Studio -----				
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