

OCTOBER 2018 MIND AND BODY FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mixed Level Yoga 9:15-10:30AM	Pilates Equipment 9:30-10:30AM (\$) Mixed Level Yoga 10:30-11:30AM PIYO 4:45-5:45PM Pilates Equipment 6:30-7:30PM (\$) Vinyasa Yoga 6:30-7:30PM	Yoga I 8:00-9:15AM Power Mat 9:30-10:15AM Pilates Equipment 9:30-10:30AM (\$) Vinyasa Flow 10:30-11:30AM Pilates Equipment (special needs) 12:00-1:00PM (\$) Restorative Yoga 12:00-1:00PM Pilates Mat 4:30-5:30PM Yoga I 6:00-7:15PM	Yoga 5:45-6:45AM Pilates Mat 8:15-9:00AM Pilates Equipment 9:30-10:30AM (\$) Mixed Level Yoga 10:30-11:30AM PIYO 4:45-5:45PM Mixed Level Yoga 6:00-7:15PM Pilates Equipment 6:30-7:30PM (\$)	Power Mat 8:30-9:15AM Pilates Equipment 9:30-10:30AM (\$) Yin Yoga 10:45-11:45AM Youth Yoga 4:30-5:30PM Yoga I 6:00-7:00PM	Power Mat (with props) 9:30-10:15AM Pilates Equipment 9:30-10:30AM (\$) Warm Yoga (with meditation) 10:30-11:45AM Mixed Level Yoga 6:00-7:00PM	Mixed Level Yoga 9:15-10:30AM Pilates Equipment 9:30-10:30AM (\$)