

EXERCISE STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		YIN YOGA Amy		YIN/HATHA YOGA Amy		
8:30am			STRENGTH YOGA Susan	ccc		
9:00am	GENTLE FLOW YOGA Diane			Fit After Pregnancy (9:15am-10am)	GENTLE FLOW YOGA Diane	
9:45am			GENTLE FLOW YOGA Susan			
10:00am		PILATES Gary				
4:45pm						
5:30pm		BARRE Allie				
5:45pm						
6:00pm						

Instructor subject to change



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