

EXERCISE STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		YIN YOGA Amy		YIN/HATHA YOGA Amy		
8:30am	GENTLE FLOW YOGA Diane		STRENGTH YOGA Susan		GENTLE FLOW YOGA Diane	
9:00am						
9:45am			GENTLE FLOW YOGA Susan			
10:00am		PILATES Gary				
4:45pm		*NEW* PILATES Linda		*NEW* PILATES Linda		
5:00pm						
5:30pm		BARRE Allie				
6:30pm				*NEW* 1/2 HOUR POWER BARRE Nancy		

Instructor subject to change



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