




SUMMER

MINDBODY STUDIO SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Barre Burn 5:30AM - 6:25AM Kari		Barre Burn 5:30AM - 6:25AM Kari				
	 6:30AM - 7:25AM Kathleen			 6:30AM - 7:25AM Kathleen		
BAC Burn 8:15AM - 9:10AM Diane		BAC Burn 8:15AM - 9:10AM Diane	Iyengar Yoga 8:30AM - 9:25AM Nuvana	Booty Barre Burn 8:20AM - 9:15AM Sierra	Yoga Force 8:00AM - 8:55AM Sierra	
Yoga Basics 9:15AM - 10:10AM Cindy	Yoga Basics 9:15AM - 10:10AM Jodi	Yoga Basics 9:15AM - 10:10AM Jamie	Iyengar Yoga 9:30AM - 10:25AM Nuvana	Gentle Yoga 9:25AM - 10:20AM Sally	 9:15AM - 10:10AM Kathleen	
MELT 10:30AM - 11:25PM Lila	Yoga Flow 10:30AM - 11:25AM Diane	Yin Yoga (Relaxation Yoga) 10:30AM - 11:25AM Jamie	Yoga Flow 10:30AM - 11:25AM Diane	Iyengar Yoga 10:30AM - 11:25AM Nuvana	Dancing at the Barre 10:15AM-11:10AM Ethan	Iyengar Yoga 10:15AM - 11:10AM Nuvana
Yoga Flow 11:30AM - 12:25PM Lila	Gentle Yoga 11:35AM - 12:30PM Sally	Dancing at the Barre 12:00PM - 12:55PM Ethan	Yoga Basics 11:35AM - 12:30PM Sally	Meditative Yoga 11:30AM - 12:25PM Nuvana		Iyengar Yoga 11:15AM - 12:10PM Nuvana
Vinyasa Flow 5:30pm-6:25pm Lanae (MB)	POP Pilates 5:30PM - 6:25PM Nisi	Kids Yoga (ages 6+) 5:30PM - 6:25PM Nuvana	POP Pilates 5:30PM - 6:25PM Nisi			Yin Yoga 4:00PM - 4:55PM Jamie
Yoga Fusion 6:30PM - 7:25PM Jamie	Vinyasa Flow 6:30PM - 7:25PM Lanae	Iyengar Yoga 6:30PM - 7:25PM Nuvana	Booty Barre Force (70) 7:30PM - 8:40PM  Sierra			
Booty Barre Burn 7:30PM - 8:25PM Samantha		Iyengar Yoga 7:30PM - 8:25PM Nuvana				