


# SPRING 2018

# MB | MIND & BODY STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 6:25am Barre Burn Kari   MB	5:30am - 6:30am Sunrise Yoga Mo   MB	5:30am - 6:25am Barre Burn Kari   MB	5:30am - 6:30am Sunrise Yoga Mo   MB			
7:00am - 7:55am Mat Pilates Stephanie   MB		7:00am - 7:55am Mat Pilates Stephanie   MB	8:30am - 9:25am Iyengar Yoga Nuvana   MB	8:20am - 9:10am Booty Barre Burn Sierra   MB	8:00am - 8:55am Yoga Force Sierra/Jodi   MB	8:15am - 9:10am Yoga Basics Mo   MB
8:15am - 9:10am BAC Burn Diane   MB		8:15am - 9:10am BAC Burn Diane   MB		9:25am - 10:20am Gentle Yoga Sally   MB	9:15am - 10:10am LesMills BodyFlow Kathleen   MB	10:15am - 11:10am Iyengar Yoga Nuvana   MB
9:15am - 10:10am Yoga Flow Jodi   MB	9:15am - 10:10am Yoga Basics Jodi   MB	9:15am - 10:10am Yoga Basics Jamie   MB	9:30am - 10:25am Iyengar Yoga Nuvana   MB	10:30am - 11:25am Iyengar Yoga Nuvana   MB	10:15am - 11:10am Dancing at the Barre Ethan   MB	11:15am - 12:10pm Iyengar Yoga Nuvana   MB
10:30am - 11:25am Melt Lila   MB	10:30am - 11:25am Yoga Flow Diane   MB	10:30am - 11:25am Yin Yoga Jamie   MB	10:30am - 11:25am Yoga Flow Diane   MB	11:30am - 12:25pm Meditative Yoga Nuvana   MB	 <p><b>BETHANY</b> ATHLETIC CLUB</p>	
11:35am - 12:30pm Yoga Flow Lila   MB	11:35am - 12:30pm Gentle Yoga Sally   MB	12:00pm - 12:55pm Dancing at the Barre Ethan   MB	11:35am - 12:30pm Yoga Basics Sally   MB	12:30pm - 1:30pm Mat Pilates Stephanie   MB		
1:00pm - 1:30pm Booty Barre Express Sierra   MB						
5:30pm - 6:25pm Vinyasa Flow Lanae   MB		5:30pm - 6:25pm Kids Yoga Nuvana   MB				
6:30pm - 7:25pm Yoga Fusion Jamie   MB	5:30pm - 6:25pm POP Pilates Nisi   MB	6:30pm - 7:25pm Iyengar Yoga Nuvana   MB	5:30pm - 6:25pm POP Pilates Nisi   MB			
7:30pm - 8:25pm Booty Barre Burn Samantha   MB	6:30pm - 7:25pm Vinyasa Flow Lanae   MB	7:30pm - 8:25pm Iyengar Yoga Nuvana   MB	6:30pm - 7:45pm Yoga Meditative Moves Kiyoko   MB	6:00pm - 7:30pm Yin Yang Yoga Jamie   MB		