

JANUARY 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			8:15am - 9:10am Yoga Basics Mo MB
7:00am - 7:55am Mat Pilates Stephanie MB		7:00am - 7:55am Mat Pilates Stephanie MB		8:20am - 9:10am Booty Barre Burn Sierra MB	8:00am - 8:55am Yoga Force Ethan MB	9:30am - 10:10am Body Flow Amy MB
8:15am - 9:10am Barre Strength Diane MB		8:15am - 9:10am Barre Strength Diane MB	8:30am - 9:25am Iyengar Yoga Nuvana MB	9:25am - 10:20am Gentle Yoga Sally MB		10:15am - 11:10am Iyengar Yoga Nuvana MB
9:15am - 10:10am Yoga Flow Kiyoko MB	9:15am - 10:10am Yoga Basics Sally 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	11:30am - 12:25am Family Yoga Mo MB	4:00pm - 4:55pm Yin Yoga Jamie MB
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		
12:35pm - 12:55pm Core Strength Breanna MB	12:35pm - 1:30pm Barre Fusion Michaela MB	1:00pm - 1:55pm Gentle Yoga Fabiola MB	12:35pm - 1:30pm Barre Fusion Michaela MB			
5:30pm - 6:25pm Deep Release Yoga Lanae MB	4:00pm - 5:25pm Ballet Basics Ethan 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 Flex&Flow Chloe MB	5:00pm - 5:45pm Swim Team Yoga Mo MB		
7:30pm - 8:25pm Cardio Barre Samantha MB	6:30pm - 7:25pm Deep Release Yoga 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		
	7:30pm - 8:25pm Les Mills Body Flow Amy MB		7:50pm - 8:25pm Barre Xpress Michaela MB			

