

# NOVEMBER MB | MIND & BODY STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 6:25am <b>Barre Burn</b> Kari   MB	5:30am - 6:30am <b>Sunrise Yoga</b> Mo   MB	5:30am - 6:25am <b>Barre Burn</b> Kari   MB	5:30am - 6:30am <b>Sunrise Yoga</b> Mo   MB			
7:00am - 7:55am <b>Mat Pilates</b> Stephanie   MB		7:00am - 7:55am <b>Mat Pilates</b> Stephanie   MB		8:20am - 9:10am <b>Booty Barre Burn</b> Sierra   MB	8:00am - 8:55am <b>Yoga Force</b> Ethan   MB	8:15am - 9:10am <b>Yoga Basics</b> Mo   MB
8:15am - 9:10am <b>Barre Strength</b> Diane   MB		8:15am - 9:10am <b>Barre Strength</b> Diane   MB	8:30am - 9:25am <b>Iyengar Yoga</b> Nuvana   MB	9:25am - 10:20am <b>Gentle Yoga</b> Sally   MB	9:00am - 9:55am <b>Swim Team Yoga</b> Mo   MB	10:15am - 11:10am <b>Iyengar Yoga</b> Nuvana   MB
9:15am - 10:10am <b>Yoga Flow</b> Kiyoko   MB	9:15am - 10:10am <b>Yoga Basics</b> Sally   MB	9:15am - 10:10am <b>Yoga Basics</b> Jamie   MB	9:30am - 10:25am <b>Iyengar Yoga</b> Nuvana   MB	10:30am - 11:25am <b>Iyengar Yoga</b> Nuvana   MB	10:15am - 11:10am <b>Dancing at the Barre</b> Ethan   MB	11:15am - 12:10pm <b>Iyengar Yoga</b> Nuvana   MB
10:30am - 11:25am <b>Melt</b> Lila   MB	10:30am - 11:25am <b>Yoga Flow</b> Diane   MB	10:30am - 11:25am <b>Yin Yoga</b> Jamie   MB	10:30am - 11:25am <b>Yoga Flow</b> Diane   MB	11:30am - 12:25pm <b>Meditative Yoga</b> Nuvana   MB	11:30am - 12:25am <b>Family Yoga</b> Mo   MB	4:00pm - 4:55pm <b>Yin Yoga</b> Jamie   MB
11:35am - 12:30pm <b>Yoga Flow</b> Lila   MB	11:35am - 12:30pm <b>Gentle Yoga</b> Sally   MB	12:00pm - 12:55pm <b>Dancing at the Barre</b> Ethan   MB	11:35am - 12:30pm <b>Yoga Basics</b> Sally   MB	12:30pm - 1:30pm <b>Mat Pilates</b> Stephanie   MB		
1:00pm - 1:30pm <b>Booty Barre Express</b> Sierra   MB		1:00pm - 1:55pm <b>Gentle Yoga</b> Fabiola   MB				
5:30pm - 6:25pm <b>Deep Release Yoga</b> Lanae   MB	4:00pm - 5:25pm <b>Ballet Basics</b> Ethan   MB	5:30pm - 6:25pm <b>Kids Yoga</b> Nuvana   MB				
6:30pm - 7:25pm <b>Yoga Fusion</b> Jamie   MB	5:30pm - 6:25pm <b>POP Pilates</b> Nisi   MB	6:30pm - 7:25pm <b>Iyengar Yoga</b> Nuvana   MB	5:30pm - 6:25pm <b>Flex&amp;Flow</b> Chloe   MB			
7:30pm - 8:25pm <b>Cardio Barre</b> Samantha   MB	6:30pm - 7:25pm <b>Deep Release Yoga</b> Lanae   MB	7:30pm - 8:25pm <b>Iyengar Yoga</b> Nuvana   MB	6:30pm - 7:45pm <b>Yoga Meditative Moves</b> Kiyoko   MB	6:00pm - 7:30pm <b>Yin Yang Yoga</b> Jamie   MB		
			7:50pm - 8:25pm <b>Cardio Barre Xpress</b> Michaela   MB			

