


SUMMER 2018

MB I 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 | 11:15am - 12:00pm Family Yoga Mo 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 |  <p>BETHANY ATHLETIC CLUB</p> | |
| 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 | | |
| | | | 7:50pm - 8:25pm Barre Xpress Samantha MB | | | |