

Mind and Body Schedule: May 1st – May 31st, 2008

Yoga, Martial Arts and Dance

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Wakeup Ashtanga: YS (1) 7:00am 60min. Mahmoud	Power 1/2 hr Mat: YS 7:10am 30min. Jennifer	Wakeup Ashtanga: YS (1) 7:00am 60min. Mahmoud	Power 1/2 hr Mat: YS 7:10am 30min. Jennifer	Wakeup Ashtanga: YS (1) 7:00am 60min. Mahmoud	Flow Vinyasa: YS (1 & 2) 8:00am 90min. Jessica	Hatha: YS (1 & 2) 9:00am 75min. Mahmoud
Anusara: YS (1 & 2) 10:30am 75min. Carmen	Glide, Balance & Roll: YS 8:30am 45min. Beth	Power Yoga: YS (2) 8:15am 90min. Mahmoud	Zumba: YS 8:30am 60min. Amanda	Zumba: YS 9:15am 60min. Amanda	Int./Adv. Pilates Mat: YS 10:00am 60min. Rotating	Hatha: YS (2) 10:30am 90min. Mahmoud
Power Sculpt Yoga: YS 12pm 60min. Bari	Gentle Yoga: YS (1) 10:00am 60min. Carmen	Gentle Yoga: YS (1) 11:00am 60min. Carmen	Gentle Yoga: YS (1) 10:00am 60min. Carmen	Anusara Inspired: YS (1) 10:30am 75min. Anne	Beg. Pilates Mat: YS 11:00am 60min. Rotating	Tae Kwon Do: Gym 11:00am 120 min. Jonas
Anusara: YS (1 & 2) 4:30pm 75min. Carmen	Anusara: YS (1 & 2) 11:00am 60min. Carmen	Power Vinyasa: YS (1) 12:00pm 60min. Brent	Hatha: YS (1 & 2) 11:00am 60min. Mahmoud	Anusara: YS (1 & 2) 4:30pm 75min. Carmen	Power Yoga: YS (1 & 2) 12:30pm 90min. Mahmoud	Flow Vinyasa: YS (2) 4:30pm 90min. Shawna
Anusara Flow: YS (2 & 3) 6:00pm 75min. Misty	Power Sculpt Aerobics: YS 12:05pm 60 min. Brigitte (See Group Exercise Sched.)	Anusara: YS (1 & 2) 4:30pm 75min. Carmen	Power Sculpt Aerobics: YS 12:05pm 60 min. Brigitte	Salsa: YS \$ 6:00pm 60min. Amanda Fridays in May, May 2–23 This is a paid clinic, you must attend all 4 classes, sign up at the front desk.	Stone Yoga Clinic: (YS) \$ 2:30pm 150min. Mahmoud and Makaan Register at the front desk	
Shotokan Karate: YS 7:30pm 90 min. Ross	Tai Chi: YS 5:00pm 60 min. Larry	Anusara Flow: YS (2 & 3) 6:00 pm 75min. Misty	Kripalu: YS (1 & 2) 6:30pm 75min. Shari		Intro to Yoga: YS (1) 2:00pm 75 min. Mahmoud May 24th ONLY.	
	Zumba.: Gym 6:00pm 60 min. Amanda	Shotokan Karate: YS 7:30pm 90 min. Ross	Tae Kwon Do: Gym 7:00pm 150 min. Jonas			
	Kripalu: YS (1 & 2) 6:30pm 75min. Shari					
	Tae Kwon Do: Gym 7:00pm 150 min. Jonas					



Yoga Studio: YS Pilates Studio: PS Additional Fee: \$

Numbers in parenthesis next to Yoga classes indicate class level: (1) Beginning–Intermediate, (2) Intermediate, (3) Advanced

