

SCHEDULE

Jul-20

	TIMING	DESCRIPTION OF CLASS		INSTRUCTOR
Monday	8.30 am -9.30 am	<i>Mindfulness Meditation</i>	Yoga	Renu Bhatia
	5.30 pm-6.30 pm	<i>Functional Movement</i>	Pilates	Karina Barsegiants
Tuesday	9.00am-10.00am	<i>Hatha Flow Yoga</i>	Yoga	Renu Bhatia
Wednesday	9.00am-10.00am	<i>Zen Yoga</i>	Yoga	Renu Bhatia
	6.00pm-7.00pm	<i>Matt Pilates</i>	Pilates	Amanda Potocnik
Thursday	6.00pm-7.00pm	<i>Pilates Combo</i>	Pilates	Amanda Potocnik
Friday	4.00pm-5.00pm	<i>Deep Detox Flow Yoga</i>	Yoga	Cristina Reyes
Saturday	10.00 am-11.00am	<i>Strengthening Yoga</i>	Yoga	Cristina Reyes
Sunday	10.00am-11.00am	<i>Matt Pilates</i>	Pilates	Melinda Brum