

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:25 Vinyasa Flow 2 Cathy Cox	6:30-7:25 Vinyasa Flow 2 Cathy Cox	9:00-10:25 Vinyasa Flow 2 Cathy Cox	6:30-7:25 Vinyasa Flow 2 Cathy Cox	9:00-10:25 Vinyasa Flow 2 Cathy Cox	8:30-9:25 SculptWorks® 1/2 Tracy Bauer	8:45-9:55 Yoga Blend 1/2 Renee Chenette
9:30-10:25 Yoga Blend 1/2 Katresha Moskios	9:00-10:25 Iyengar 1 Isabela Fortes	9:30-10:25 Yoga Blend 1/2 Elizabeth Sharp	9:00-10:25 Iyengar 1/2 Bob Metzler	9:30-10:25 Yoga Blend 1/2 Katresha Moskios	8:30-9:40 Yoga Blend 1/2 Cathy Cox	9:00-10:25 Power Yoga 2 Geo Moskios
10:30-11:55 Vinyasa Flow 2 Lynn Bushnell	9:00-10:25 Power Yoga 2 Geo Moskios	10:30-11:55 Yoga Blend 1/2 LB Iddings	9:00-10:25 Power Yoga 2 Geo Moskios	10:30-11:55 Vinyasa Flow 2 Lynn Bushnell	9:45-10:40 Power Yoga 2 Geo Moskios	10:00-11:25 Iyengar 2 Bob Metzler
10:30-11:55 Yoga Blend 1/2 Tim Senesi	Contemporary Pilates Mat 1/2 Tracy Bauer	Contemporary Pilates Mat 1/2 Delyer Anderson	Contemporary Pilates Mat 1/2 Tracy Bauer	10:30-11:55 Yoga Blend 1/2 LB Iddings	10:00-11:25 Vinyasa Flow 2/3 ↓ Suzy Gill	Contemporary Pilates Mat 1/2 Charone Sanchez
12:00-12:55 SculptWorks® 1/2 Tracy Bauer	10:45-12:10 Therapeutics/Back Savita Geuther	4:30-5:55 Vinyasa Flow 2/3 ↓ Suzy Gill	10:45-12:10 Yoga Blend 1/2 Renee Chenette	Classical Pilates Mat 1/2 Delyer Anderson	10:45-12:10 Yoga Blend 1/2 LB Iddings	11:30-12:55 Vinyasa Flow 2 ↓ Tim Senesi
4:30-5:55 Power Yoga 2 Geo Moskios	4:30-5:55 Iyengar 2 Isabela Fortes	5:00-5:55 Pilates Fusion 1/2 Tracy Bauer	4:30-5:55 Yoga w/ Ropes 1/2 Bob Metzler	12:00-12:55 Meditation LB Iddings	12:00-1:25 Yoga w/ Ropes 1/2 Tim Senesi	4:30-5:55 Yoga Blend 1/2 Renee Chenette
5:00-5:55 Pilates Fusion 1/2 Delyer Anderson	5:00-5:55 SculptWorks® 1/2 Tracy Bauer	6:00-7:15 Vinyasa Flow 2 ↓ George Kosmitis	5:00-5:55 SculptWorks® 1/2 Tracy Bauer	4:30-5:55 Iyengar 1/2 Bob Metzler	12:30-1:55 Yoga Blend 1 LB Iddings	4:30-5:55 Vinyasa Flow 2/3 Jon Burras
6:00-7:15 Vinyasa Flow 2 ↓ George Kosmitis	6:00-6:55 Vinyasa Flow 2/3 Lynn Bushnell	6:00-7:25 Iyengar 1/2 Bob Metzler	6:00-6:55 Vinyasa Flow 2/3 Lynn Bushnell	6:00-6:55 Meditation Lori Burgi		
Restoratives/Pranayama Bob Metzler	6:00-7:25 Yoga Blend 1/2 Renee Chenette	7:30-8:25 SculptWorks® 1/2 George Kosmitis	6:00-7:25 Yoga Blend 1/2 Renee Chenette	6:00-7:25 Vinyasa Flow 2/3 Lesley Fightmaster		
7:30-8:25 SculptWorks® 1/2 George Kosmitis	7:00-8:25 Vinyasa Flow 2 Elizabeth Sharp		7:00-8:25 Vinyasa Flow 2 Elizabeth Sharp			

LEGEND

↓ Come prepared for room temperatures 85 degrees and above