

MIND/BODY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gentle Yoga, 9 a.m. Yoga, 5:30 p.m.	Matfusion, 5:30 p.m.	Matfusion, 9:15 a.m. Gentle Yoga, 5:30 p.m.		Gentle Yoga, 9 a.m. Yoga, 9:30 a.m.	Yoga, 10:15 a.m.

**All classes are held in the classrooms. Please inform the instructor if you are new to class.
Matfusion classes offer a mix of pilates and yoga moves. Namaste!**

