

## Mind Body Studio

Time	Class	Instructor
8:00 - 9:00	Power Yoga	Liz
9:15 - 10:15	Basic Yoga	Melissa V
10:30 - 11:30	Adv Yoga	Joanna
11:45 - 12:45	Restorative Yoga	Ashley
1:00 - 2:00	Vinyasa Flow	Melissa H
2:15 - 3:45	Yoga for Women's Health	Ellen

## Basketball Court

Time	Class	Instructor
9:30 - 11:00	Inversion workshop	Julia (Assistants - Susan, Melissa)

## Personal Trainer Area

Time	Class	Instructor
10:00 - 12:00	Posture Clinic	Kaja
11:30 - 1:30	Posture Clinic <i>*prenatal modifications</i>	Ellen

## Main Studio

Time	Class	Instructor
11:30 - 12:30	Yoga Sculpt	Susan
12:45 - 1:45	Body Flow	Rambo
2:00 - 3:00	Yin Yang	Susan & Melissa