

Yoga Studio Schedule

Monday

9:00-10:00am Yoga Sculpt-Jyoti
 10:00-11:00am Nia-Carlolyne
 12:00-1:00pm Gentle Yoga-Heather
 5:30-6:30pm Yoga for Flexibility-Stacey D.
 6:30-7:30pm Pilates w/Props-Melanie

Tuesday

7:00-8:00am Yoga Strength & Stability-Mahmoud
 9:00-10:15am Power Yoga-Mahmoud
 12:00-1:00pm Pilates Mat-Debbie
 6:30-7:30pm Yoga Strength & Stability-Allison
 7:30-8:30pm Tai Chi-Larry

Wednesday

9:00-10:00am Pilates w/Props-Stacy U.
 10:00-11:00am Nia-Carlolyne
 12:00-1:00pm Yoga Flow-Jyoti
 4:00-5:00pm Pilates Sculpt-Carlolyne
 5:30-6:30pm Yoga Strength & Stability-Stacey D.
 6:30-7:30pm Pilates Mat-Matt

Thursday

7:00-8:00am Yoga Flow-Mahmoud
 9:00-10:15am Yoga Strength & Stability-Hagino
 12:00-1:00pm Pilates Mat-Stacy U.
 6:00-7:15pm Power Yoga-Mahmoud
 7:30-8:30pm Tai Chi-Larry

Friday

9:00-10:00am Pilates Mat-Matt
 10:00-11:00am Zumba-Dia
 12:00-1:00pm Power Yoga-Mahmoud
 5:30-6:30pm Yoga Strength & Stability-Mike



Saturday

9:00-10:00am Pilates w/Props-Taylor
 10:00-11:15am Yoga for Flexibility-Mokshana

Sunday

8:30-9:30am Pilates on the Ball-Matt
 10:00-11:30am Yoga Flow-Allison
 11:30-12:30pm Nia-Jill C.
 3:00-4:00pm Family Yoga-Heather

