



MIND/BODY STUDIO (3/1/20)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:45-8:30 am PILATES Sami		6:00-7:00 am POWER YOGA Susan	7:45-8:00 TAI CHI FULL FORM YANG Valerie	6:00-7:00 am POWER YOGA Susan	
	8:45-9:45 **TOTAL BARRE Souss	8:00-8:45 TAI CHI Valerie	8:00-8:55 **BARRE Cheri	8:00-8:45 TAI CHI Valerie		8:00-9:00 MULTI-LEVEL YOGA Teri
9:00-10:15 VINYASA YOGA Kayla	10:00-11:00 GENTLE YOGA Vandana	9:00-9:45 PILATES Tammi	9:00-10:00 MULTI-LEVEL YOGA Vandana	9:00-9:45 PILATES Jennie	8:45-9:45 **TOTAL BARRE Monica	9:15-10:00 PILATES Tammi
	11:15-12:00 BASIC PILATES Tammi	10:00-11:00 MULTI-LEVEL YOGA Tammy	10:15-11:15 GENTLE YOGA Vandana	10:00-11:00 MULTI-LEVEL YOGA Tammy	10:00-11:00 MULTI-LEVEL YOGA Vandana	10:10-11:00 **TOTAL BARRE Rachel
	12:05-1:05 **BARRE Cheri	11:10-11:55 GENTLE YOGA Souss	12:10-1:00 LEVEL 1 YOGA Christine	11:10-11:55 GENTLE YOGA Souss	11:10-11:50 PILATES Kat	
	4:45-5:45 **TOTAL BARRE Rachel	12:00-1:00 **TOTAL BARRE Monica	4:45-5:45 **TOTAL BARRE Rachel	12:00-1:00 **TOTAL BARRE Monica	12:00-1:00 **BARRE Cheri	
	6:00-7:00 LEVEL 1 YOGA Teri	4:45-5:30  Jodi	6:00-7:00 MULTI-LEVEL YOGA Teri	4:45-5:30  Ruth	4:30-5:30 MULTI-LEVEL YOGA Kat	
		5:45-6:45 **TOTAL BARRE Souss		5:45-6:45 **TOTAL BARRE Souss		

****SIGN UP REQUIRED:** Online 3 hours prior to class, 2 hours prior in-house or by phone
TOTAL BARRE AM classes: Online 12 hours prior to class, 2 hours in-house or by phone

Ridge Fallon:

Monday-Thursday: 5:15 am-10:00 pm
 Friday: 5:15am – 9:00 pm
 Saturday & Sunday: 7:00 am – 8:00 pm

Downtown:

Monday-Thursday: 5:30 am – 9:00 pm
 Friday: 5:30 am – 8:00 pm
 Saturday: 8:00 am – 7:00 pm
 Sunday: 12:00 pm – 7:00 pm

SIGN UP REQUIRED FOR ALL BODY PUMP CLASSES

****5:30 AM BODY PUMP CLASS SIGN UP IS 12 HOURS PRIOR ONLINE,
 2 HOURS PRIOR IN HOUSE
 ALL OTHER BODY PUMP CLASS SIGN UP IS 3 HOURS PRIOR ONLINE,
 2 HOURS PRIOR IN HOUSE**

****NEW ATTENDEES PLEASE ARRIVE 10 MINUTES EARLY FOR SET UP**