



Yoga & Pilates Class Schedule December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
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4 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	5 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am Barre Connect 6:00-6:45pm	6 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	7 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	8
11 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	12 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am Barre Connect 6:00-6:45pm	13 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	14 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	15
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25 Closed	26 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	27 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	28 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	29