

Mind Body Studio Holiday Drop-In Schedule

December 12th – December 23rd

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a					
9:00a	Pilates Equipment (Shelly J.) 12/12, 12/19		Pilates Equipment (Laury) 12/14		
10:00a		Power Flow (Shelly S.) 12/20	Intermediate Pilates Equipment (Laury) (10:15) 12/14	Power Flow (Shelly) 12/15	
11:00a	Yin Yoga (Lisa) 12/12 , 12/19	Essential Yoga (Lisa) 12/13, 12/20		Yin Yang Yoga Restore (Shelly S.) 12/15	Gentle Flow Yoga (Shelly) 12/16 , 12/23
4:00p					
5:30p	Flow Yoga (Shelly) 12/12,12/19		Pilates Equipment (Shelly J.) 12/14, 12/21		
6:30p		Candle Lite Yoga (Katie) 12/20 FREE and open to Members and member guest passes only		Gentle Yoga (6:00) (Shelly S.) 12/15	



~All classes are \$5 for Holiday Drop-In Session, Classes are only run during the dates listed on the schedule ~ Revised 12/7/22