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Mind-Body Zone & Spa

YOGA & MEDITATION CLASS SCHEDULE PART 1

S	M	T	W	T	F	S
	6:00-7:00AM YOGA SCULPT & DETOX		6:00-7:00AM YOGA SCULPT & DETOX			
	8:00-8:30AM CHOPRA MEDITATION	8:00-8:30AM CHOPRA MEDITATION	8:00-8:30AM BREATHWORK	8:00-8:30AM CHOPRA MEDITATION	8:00-8:30AM CHOPRA MEDITATION	8:30-9:00AM CHOPRA MEDITATION
8:45-10:00AM CALMING YOGA	8:45-10:00AM HEATED INVIGORATING YOGA	8:45-10:00AM INVIGORATING YOGA	9:00-9:30AM CHOPRA MEDITATION	8:45-10:00AM INVIGORATING YOGA	8:45-10:00AM CHOPRA YOGA	9:15-10:30AM INVIGORATING YOGA
10:15-10:45AM CHOPRA MEDITATION	10:30-11:45AM CHOPRA YOGA	10:30-11:45AM SOOTHING YOGA	10:30-11:15AM SOUND HEALING	10:30-11:45AM SOOTHING YOGA	10:30-11:45AM WALL YOGA	10:45-12:00PM CHOPRA YOGA

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YOGA & MEDITATION CLASS SCHEDULE PART 2

S	M	T	W	T	F	S
	12:00-12:45PM CHOPRA MEDITATION & BREATHWORK	12:00-12:45PM YOGA SCULPT & DETOX		12:00-1:15PM HEATED CHOPRA YOGA	12:00-12:30PM CHOPRA MEDITATION	
	5:00-5:30PM CHOPRA MEDITATION				5:30-6:00PM CHOPRA MEDITATION	
	5:45-7:00PM WALL YOGA	5:30-6:45PM HEATED CHOPRA YOGA	6:30-7:45PM SOOTHING YOGA	5:30-6:45PM CALMING YOGA	6:15-7:00PM DANCE MEDICINE	
	7:15-8:00PM STRETCHING & MYOFASCIAL RELEASE	7:00-7:30PM CHOPRA MEDITATION	8:00-8:30PM YOGA NIDRA	7:15-7:45PM CHOPRA MEDITATION	7:15-8:15PM CANDLELIGHT YOGA	

REFORMER ROOM CLASS SCHEDULE

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S	M	T	W	T	F	S
		6:30-7:15AM *PROGRESSIVE*		6:00-6:45AM *FOUNDATIONS*		
	8:30-9:15AM *FOUNDATIONS*		8:30-9:15AM *FOUNDATIONS*	8:30-9:15AM *PROGRESSIVE*		
	9:30-10:15AM *PROGRESSIVE*	9:30-10:15AM *REST & EXTEND*	9:30-10:15AM *PROGRESSIVE*	9:30-10:15AM *FOUNDATIONS*	9:15-10:00AM *JUMPBOARD*	9:30-10:15AM *FOUNDATIONS*
10:30-11:15AM *PROGRESSIVE*	10:30-11:15AM *JUMPBOARD*	10:30-11:15AM *PROGRESSIVE*	10:30-11:15AM *JUMPBOARD*	10:30-11:15AM *ATHLETIC*		10:30-11:15AM *PROGRESSIVE*
	5:30-6:15PM *ATHLETIC*	5:30-6:15PM *JUMPBOARD*	5:30-6:15PM *ATHLETIC*			
	6:30-7:15PM *FOUNDATIONS*			6:00-6:45AM *PROGRESSIVE*		

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AERIAL & BARRE STUDIO CLASS SCHEDULE

S	M	T	W	T	F	S
				8:00-9:00AM BARRE		
9:15-10:15AM AERIAL YOGA		9:30-10:30AM AERIAL YOGA	10:00-11:00AM MAT-BASED PILATES	9:30-10:30AM BARRE		9:30-10:15AM AERIAL MEDITATION
			11:15-12:15PM BARRE	11:00-12:00PM BARRE		10:45-11:45AM AERIAL YOGA
	4:30-5:30PM AERIAL YOGA				5:00-5:45PM AERIAL MEDITATION	
	6:00-7:30PM BARRE		5:30-6:30PM BARRE		6:00-7:00PM AERIAL YOGA	

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