



Mind-Body Zone & Spa

YOGA & MEDITATION CLASS SCHEDULE

S	M	T	W	T	F	S
8:00-8:30AM <i>BREATHWORK</i>	7:00-8:15AM <i>INVIGORATING YOGA</i>	8:00-8:30AM <i>CHOPRA MEDITATION</i>	8:00-8:30AM <i>BREATHWORK</i>	8:00-8:30AM <i>CHOPRA MEDITATION</i>	8:00-8:30AM <i>CHOPRA MEDITATION</i>	8:30-9:00AM <i>CHOPRA MEDITATION</i>
8:45-10:00AM <i>CALMING YOGA</i>	8:30-9:00AM <i>CHOPRA MEDITATION</i>	8:45-10:00AM <i>INVIGORATING YOGA</i>	9:00-9:30AM <i>CHOPRA MEDITATION</i>	8:45-10:00AM <i>INVIGORATING YOGA</i>	8:45-10:00AM <i>CHOPRA YOGA</i>	9:15-10:30AM <i>INVIGORATING YOGA</i>
10:30-11:00AM <i>CHOPRA MEDITATION</i>	10:30-11:45AM <i>CHOPRA YOGA</i>	10:30-11:45M <i>SOOTHING YOGA</i>	10:30-11:15AM <i>SOUND HEALING</i>	10:30-11:45AM <i>SOOTHING YOGA</i>	10:30-11:30AM <i>WALL YOGA</i>	10:45-12:00PM <i>CHOPRA YOGA</i>
	12:00-12:45PM <i>CHOPRA MEDITATION & BREATHWORK</i>	12:00-12:45PM <i>YOGA SCULPT & DETOX</i>		12:00-1:15PM <i>HEATED CHOPRA YOGA</i>	12:00-12:30PM <i>CHOPRA MEDITATION</i>	
	5:00-5:30PM <i>CHOPRA MEDITATION</i>	5:30-6:45PM <i>HEATED CHOPRA YOGA</i>	6:30-7:45PM <i>SOOTHING YOGA</i>	5:30-6:45PM <i>CALMING YOGA</i>	5:30-6:00PM <i>CHOPRA MEDITATION</i>	
	5:45-7:00PM <i>CHOPRA YOGA</i>				6:15-7:00PM <i>DANCE MEDICINE</i>	
	7:15-8:00PM <i>STRETCHING & MYOFASCIAL RELEASE</i>	7:00-7:30PM <i>CHOPRA MEDITATION</i>	8:00-8:30PM <i>YOGA NIDRA</i>	7:15-7:45PM <i>CHOPRA MEDITATION</i>	7:15-8:15PM <i>CANDLELIGHT YOGA</i>	



REFORMER ROOM CLASS SCHEDULE

S M T W T F S

8:30-9:15AM <i>ALL LEVELS</i>	8:30-9:15AM <i>ADVANCED</i>	8:30-9:15AM <i>ALL LEVELS</i>	8:30-9:15AM <i>ALL LEVELS</i>	8:30-9:15AM <i>BEGINNER</i>	8:30-9:15AM <i>INTERMEDIATE</i>	
9:30-10:15AM <i>ALL LEVELS</i>	9:30-10:15AM <i>ALL LEVELS</i>	9:30-10:15AM <i>ALL LEVELS</i>	9:30-10:15AM <i>ADVANCED</i>	9:30-10:15AM <i>INTERMEDIATE</i>	9:30-10:15AM <i>BEGINNER</i>	9:30-10:15AM <i>INTERMEDIATE</i>
10:30-11:15AM <i>ALL LEVELS</i>	10:30-11:15AM <i>BEGINNER</i>	10:30-11:15AM <i>ALL LEVELS</i>	10:30-11:15AM <i>INTERMEDIATE</i>	10:30-11:15AM <i>ADVANCED</i>	10:30-11:15AM <i>ALL LEVELS</i>	10:30-11:15AM <i>ALL LEVELS</i>
	4:00-4:45PM <i>ALL LEVELS</i>	4:00-4:45PM <i>ADVANCED</i>	4:00-4:45PM <i>ALL LEVELS</i>	4:00-4:45PM <i>INTERMEDIATE</i>		
	5:00-5:45PM <i>ALL LEVELS</i>	5:00-5:45PM <i>ALL LEVELS</i>	5:00-5:45PM <i>ADVANCED</i>	5:00-5:45PM <i>ALL LEVELS</i>		
	6:00-6:45PM <i>ALL LEVELS</i>	6:00-6:45PM <i>ALL LEVELS</i>	6:00-6:45PM <i>BEGINNER</i>	6:00-6:45PM <i>ADVANCED</i>		



LNPC



Mind-Body Zone & Spa

AERIAL & BARRE STUDIO CLASS SCHEDULE



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

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