



Mind-Body Zone & Spa

YOGA & MEDITATION CLASS SCHEDULE PART 1

S	M	T	W	T	F	S
		6:30-7:30AM <i>SUNRISE FLOW</i>				
	8:00-8:30AM <i>CHOPRA MEDITATION</i>	7:45-8:15AM <i>CHOPRA MEDITATION</i>	8:00-8:30AM <i>CHOPRA MEDITATION</i>	7:45-8:15AM <i>CHOPRA MEDITATION</i>	8:00-8:30AM <i>CHOPRA MEDITATION</i>	
9:00-10:00AM <i>FLOW & RESTORE</i>	9:00-10:00AM <i>INTRO TO CHOPRA VINYASA</i>		9:00-10:00AM <i>CHOPRA YOGA</i>	9:30-10:30AM <i>YOGA BASICS</i>	9:00-10:00AM <i>FLOW & RESTORE</i>	9:15-10:30AM <i>WALL YOGA</i>
10:15-10:45AM <i>CHOPRA MEDITATION</i>			10:30-11:15AM <i>SOUND BOWL HEALING</i>		10:30-11:45AM <i>WALL YOGA</i>	10:45-11:45AM <i>HEATED CHOPRA YOGA</i>



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YOGA & MEDITATION CLASS SCHEDULE PART 2

S

M

T

W

T

F

S

12:00-1:00PM
*HEATED
CHOPRA YOGA*

12:00-1:00PM
CHOPRA YIN

12:00-1:00PM
*HEATED
CHOPRA
VINYASA*

12:30-1:15PM
*SOUND BOWL
HEALING*

5:00-6:15PM
*STRETCH &
SOOTHE*

5:45-7:00PM
WALL YOGA

5:30-6:45PM
*HEATED
CHOPRA YOGA*

5:45-7:00PM
*FLOW &
RESTORE*

6:30-7:45PM
*CHOPRA YIN &
SOUND
HEALING*

7:15-8:00PM
*STRETCH &
MYOFASCIAL
RELEASE*

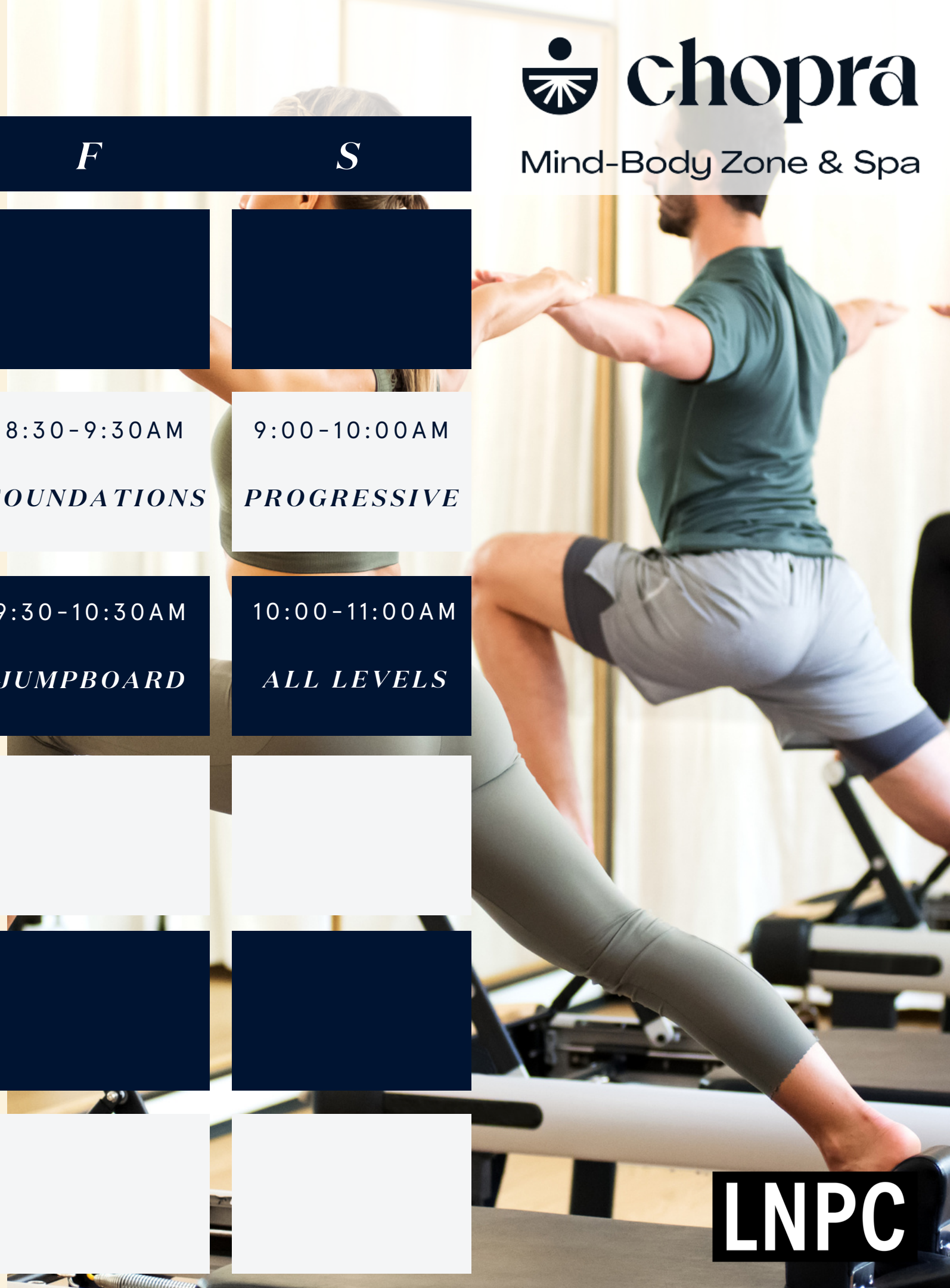
7:00-8:00PM
*COMM. INTRO
TO
MEDITATION*

6:30-7:45PM
*STRETCH &
SOOTHE*

7:00-8:00PM
*CANDLELIGHT
YOGA*

REFORMER ROOM CLASS SCHEDULE

S	M	T	W	T	F	S
	8:30-9:30AM <i>FOUNDATIONS</i>	9:00-10:00AM <i>FOUNDATIONS</i>	8:30-9:30AM <i>ALL LEVELS</i>	9:00-10:00AM <i>PROGRESSIVE</i>	8:30-9:30AM <i>FOUNDATIONS</i>	9:00-10:00AM <i>PROGRESSIVE</i>
9:00-10:00AM <i>FOUNDATIONS</i>	9:30-10:30AM <i>ALL LEVELS</i>	10:00-11:00AM <i>ALL LEVELS</i>	9:30-10:30AM <i>PROGRESSIVE</i>	10:00-11:00AM <i>ALL LEVELS</i>	9:30-10:30AM <i>JUMPBOARD</i>	10:00-11:00AM <i>ALL LEVELS</i>
10:00-11:00AM <i>FOUNDATIONS</i>	10:30-11:30AM <i>FOUNDATIONS</i>	11:00-12:00PM <i>ALL LEVELS</i>	10:30-11:15AM <i>JUMPBOARD</i>	11:00-12:00PM <i>FOUNDATIONS</i>		
	5:30-6:30PM <i>FOUNDATIONS (starts 5/16)</i>	6:00-7:00PM <i>JUMPBOARD</i>	5:30-6:30PM <i>ALL LEVELS</i>	6:00-7:00PM <i>PROGRESSIVE</i>		
	6:30-7:30PM <i>PROGRESSIVE (starts 5/16)</i>		6:30-7:30PM <i>ALL LEVELS</i>			



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AERIAL & BARRE STUDIO CLASS SCHEDULE



S	M	T	W	T	F	S
		8:00-9:00AM <i>BARRE STRENGTH</i>				
		9:30-10:30AM <i>EARTH & AIR: GROUND AND AERIAL YOGA</i>			9:30-10:30AM <i>BARRE STRENGTH</i>	9:30-10:30AM <i>AERIAL YOGA (intermediate)</i>
10:45-11:45AM <i>LOW HAMMOCK "RESTORATIVE" AERIAL YOGA</i>						10:45-11:15AM <i>AERIAL MEDITATION</i>
	5:15-6:15PM <i>AERIAL CONDITIONING</i>	5:15-6:15PM <i>AERIAL YOGA (beginner)</i>			5:15-5:45PM <i>AERIAL MEDITATION</i>	
	6:30-7:30PM <i>BARRE STRENGTH</i>	6:30-7:30PM <i>YOGA+PILATES FUSION</i>	6:45-7:45PM <i>AERIAL YOGA (all levels)</i>	6:30-7:30PM <i>YOGA+PILATES FUSION</i>	6:00-7:00PM <i>AERIAL YOGA (all levels)</i>	

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