



MIND & BODY

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am							
8am							
9am							
10am							
11am			11:45 - 12:45 Pilates Norma			11:30 - 12:30pm Pilates Norma (GX Studio)	
12pm			12:45- 1:45 PM Pilates Yoga Therapy	12:30-1:30 PM Yoga Carol C.	12:30 - 1:30 pm Yoga Norma	12:30 - 1:50 PM Hatha Yoga/Meditation Norma	
1pm							
2pm							
3pm							
4pm	4:00- 5:00pm Pilates Norma						
5pm	5:00 - 6:00pm Yoga Norma						
6pm							
7pm							
8pm							