



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Yoga and Pilates Class Schedule Group Bundle



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:45am</b>					Yoga (55) Amy W - Oak Park Yoga Stretch (45) Angie - Westside	
<b>8:00am</b>				Yogalates(60) Bill - Westside		
<b>8:30am</b>						Yoga (55) Hyonju - Oak Park
<b>9:00am</b>	Vinyasa Slow Flow Yoga (60) Janet - Parkwood  Yoga (55) Maja - Oak Park		Yoga For Beginners (60) Janet - Parkwood  Yoga for Back and Abs (60) Tracy - DeWitt	Pilates (60) Rita - DeWitt	Slow Flow Yoga Basics (60) Janet - Parkwood	
<b>9:10am</b>						Pilates (45) Lis - Westside
<b>9:30am</b>				Yoga Flow (60) Meena- Westside		
<b>10:00am</b>					Yoga (55) Maja - Oak Park	
<b>10:15am</b>		Chair Yoga (60) Amy C - Parkwood				
<b>10:30am</b>		Yoga (60) Erin - DeWitt		Yoga (60) Erin - DeWitt		
<b>11:00am</b>	Yogalates (60) Bill - Westside					Yoga Flow (60) Meena - Westside
<b>12:10am</b>	Yoga (50) TBA - Downtown	Pilates (50) Lis - Downtown	Vinyasa Yoga (50) Meena - Downtown	10 20 30 Pilates (50) Lis - Downtown	Yoga (50) TBA - Downtown	
<b>5:15pm</b>		Vinyasa Yoga (60) Meena - Downtown	10 20 30 Pilates (50) Lis - Westside	Power Yoga (60) Meena - Downtown		
<b>5:30pm</b>				Yoga (55) Hyonju - Oak Park		
<b>5:45pm</b>	Yoga (60) Tiffany - DeWitt					
<b>6:00pm</b>			Ease Into Yoga (60) Bill - Westside			
<b>6:30pm</b>				Yogalates (55) Lisa - Oak Park		
<b>7:00pm</b>	Yoga Flow (55) Maja - Oak Park		Yogalates (55) Lisa - Oak Park	PIYO (60) Cheryl - Parkwood		
<b>7:30pm</b>	Yoga (60) Janet - Parkwood					