

Studio 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Reserved for NEOMED Student Self-Defense Club 6:30-7:30a			
	Gentle Stretch & Strength Terri 8-8:45a			Gentle Stretch & Strength Terri 8-8:45a		Zumba Wendy 9-10a (2nd Saturday/Mo)
Chair Yoga Terri/Joann 9:15-10:15a	Yoga Ease & Strength Margot 9-10:15a		Gentle Stretch & Strength Maureen 9-9:45a	Yoga Terri 9-9:45a		Boot Camp Dena 9-9:45a
Vinyasa Yoga Terri/Joann 10:30-11:30a	Tai Chi Jeanne 10:30-11:30a	Low & Go Dawn 10:15-11a	Restorative Yoga Michelle 10:15-11:15a	Pilates Karey 10-10:45a		Tai Chi John 10:15-11:15a
			Tai Chi Jeanne 11:30a-12:30p	Chair Yoga Terri 11a-12p		
			Mindful Meditation Michelle 12-12:30p	Reserved for NEOMED Student Self-Defense Club 1-2p		
			Kids Zumba Wendy 4:30-5:15p			
	Vinyasa Yoga Deana 6:15-7:15p	Low & Go Emily 5:30-6:15p	Vinyasa Yoga Michelle 6:15-7:15p	Power Yoga Michelle 6:30-7:30p		
		Zumba Wendy 6:30-7:30p				