

Fitness Center Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am Chi Gong	6:00am Yoga	9:00am Yoga	8:00am Yoga (Beginners)	6:00am Flow Yoga	6:45am Yoga	8:00am Yoga (Beginners)
7:00am Tai Chi	7:15am Tai Chi		9:00am Anusura Yoga	7:00am Mat Pilates		9:00am Anusura Yoga
8:30am Yoga	8:00am Body Conditioning			8:00am Tai Chi		
6:00pm Yoga		6:00pm Yoga	6:00pm Yoga			
7:00pm Kickboxing		7:00pm Mat Pilates	7:00pm Yoga			
8:00pm 1/2 Hr Cool Down		8:00pm Yoga				