

Mindful Movement Studio

MONDAY

6:00-7:00am	Pilates Equipment I/II	Kellee
6:30-7:20am	Cycle	Cathy
8:30-9:30am	Pilates Mat III	Kellee
8:30-9:30am	Pilates Equipment II	Paula
8:30-9:20am	Cycle	Miriam
9:30-10:30am	Pilates Mat I	Kellee
9:40-10:30am	Cycle	Heather
9:45-10:45am	Pilates Equipment I	Miriam
10:45-12:00pm	Yoga for Health <i>starts 2/13</i>	Emily
12:00-1:00pm	Meditation	Ashley
5:30-6:30pm	Pilates Mat I/II	Valerie
6:40-7:30pm	Cycle	Valerie

TUESDAY

8:15-9:30am	"Off the Ground!" Aerial Yoga	Kristen
8:30-9:30am	Pilates Equipment II	Kellee
8:30-9:20am	Cycle	Miriam
9:45-10:45am	Pilates Equipment I	Paula
10:00-11:00am	Tai Chi	Jane
5:45-7:00pm	Yoga Basics	Miriam
6:00-7:00pm	Pilates Equipment II	Ann
7:05-8:35pm	Yoga in the Dark	Ashley

WEDNESDAY

6:30-7:20am	Cycle	Valerie
8:30-9:30am	Pilates Mat I/II	Kellee
8:30-9:20am	Cycle	Heather
8:30-9:30am	Pilates Equipment II	Ann
9:30-10:30am	Jazz Dance	Val
9:45-10:45am	Pilates Equipment II	Paula
10:45-12:00pm	Gentle Yoga for Flexibility	Sally
5:30-6:30pm	Pilates Mat II	Valerie
5:30-6:30pm	Pilates Equipment I/II	Miriam
6:40-7:30pm	Cycle	Valerie
6:45-8:00pm	"Off the Ground!" Aerial Yoga	Miriam

THURSDAY

6:00-7:00am	Pilates Equipment I/II	Kellee
8:30-9:30am	Pilates Mat I	Ann
8:30-9:20am	Cycle	Miriam
8:30-9:30am	Pilates Equipment II	Paula
9:45-10:45am	Pilates Equipment I	Paula
10:00-11:00am	Tai Chi	Jane
5:45-7:00pm	Gentle Yoga for Flexibility	Sally
6:00-7:00pm	Pilates Equipment II	Mary Jeanine
7:00-8:00pm	Pilates Mat I	Mary Jeanine

FRIDAY

7:00-7:50am	Cycle	Cathy
8:30-9:20am	Cycle	Valerie
8:30-9:30am	Pilates Mat II/III	Miriam
9:30-10:30am	Pilates Equipment I/II	Kellee
9:40-10:30am	Cycle	Cheryl
9:45-11:00am	"Off the Ground!" Aerial Yoga	Kristen

SATURDAY

7:30-8:30am	Pilates Equipment II	Ann
8:30-9:20am	Cycle	Miriam
8:30-9:30am	Pilates Mat II	Mary Jeanine
9:40-10:30am	Cycle	Cheryl
10:45-11:45am	Pilates Equipment for Older Adults	Megan

SUNDAY

8:30-9:30am	Pilates Equipment II/III	Miriam
8:30-9:20am	Cycle	Mary Jeanine
9:45-11:00am	"Off the Ground!" Aerial Yoga	Miriam
5:00-6:00pm	Hoopng	Lynn
6:00-7:00pm	Belly Dancing	Carenza

Reserve a spot online: mindfulmovementstudio.com
or call the studio 317.257.6463