

Mindful Movement Studio

Call 317.257.6463 to reserve your spot for all classes
or online at www.mindfulmovementstudio.com

MONDAY

8:30-9:30am	Pilates Mat III	Miriam
8:30-9:30am	Pilates Equipment II	Susan
8:30-9:20am	Cycle	Valerie
9:30-10:30am	Pilates Mat I	Suzanne
9:40-10:30am	Cycle	Miriam
9:45-10:45am	Pilates Equipment I	Susan
12:00-1:00pm	Meditation	Ashley
5:30-6:30pm	Pilates Mat I	Suzanne
5:30-6:30pm	Pilates Equipment I/II	Elizabeth
6:40-7:30pm	Cycle	Elizabeth
7:00-8:00 pm	Mat I	Kellee

TUESDAY

6:30-7:20am	Cycle	Elizabeth
6:30-7:30am	Pilates Equipment I	Miriam
8:30-9:30am	Pilates Equipment II	Lorissa
8:30-9:20am	Cycle	Suzanne
9:40-11:00am	Yoga Flow	Beth
9:45-10:45am	Pilates Equipment I	Paula
5:45-7:00pm	Yoga Basics	Mimi
6:00-7:00pm	Pilates Equipment II	Ann
7:05-8:35pm	Yoga in the Dark	Ashley

WEDNESDAY

8:30-9:20am	Cycle	Susan
8:30-9:30am	Pilates Mat I/II	Elizabeth
8:30-9:30am	Pilates Equipment II	Lorissa
9:30-10:30am	Jazz Dance	Val
9:40-10:30am	Beginning Cycle	Ann
9:45-10:45am	Pilates Equipment II	Paula
11:00-12:00pm	Pilates Equipment III	Susan
5:30-6:30pm	Pilates Mat II	Elizabeth
5:30-6:30pm	Pilates Equipment I/II	Miriam
6:40-7:30pm	Cycle	Miriam

THURSDAY

6:30-7:20am	Cycle	Elizabeth
8:30-9:30am	Pilates Mat I	Suzanne
8:30-9:20am	Cycle	Miriam
8:30-9:30am	Pilates Equipment II	Susan
9:40-11:00am	Yoga Flow	Beth
9:45-10:45am	Pilates Equipment I	Susan
11:00-12:00pm	PE: Jump Board/Chair	Miriam
5:45-7:00pm	Yoga for Stress	Sally
6:00-7:00pm	Pilates Equipment II	Susan

FRIDAY

8:30-9:20am	Cycle	Kelly
8:30-9:30am	Pilates Mat II/III	Miriam
9:00-10:00am	Pilates Equipment I/II	Lorissa
9:40-10:30am	Cycle	Elizabeth
10:30-11:30am	Hot Yoga	Miriam

SATURDAY

7:30-9:00am	Cycle Core Combo	Ann/Suzanne
8:30-9:20am	Cycle	Valerie
8:30-9:30am	Pilates Mat II	Elizabeth
9:40-10:30am	Cycle	Susan

SUNDAY

8:30-9:30am	Pilates Mat I/II	Elizabeth
8:30-9:30am	Pilates Equipment II/III	Miriam
9:40-10:30am	Cycle	Miriam