

Mind/Body class schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gentle Yoga, 9 a.m. Yoga, 5:30 p.m.		Matfusion, 9:30 a.m. Gentle Yoga, 5:30 p.m. Matfusion, 5:30 p.m.		Gentle Yoga, 9 a.m. Yoga, 9:30 a.m.	Yoga, 10:15 a.m.

All classes are held in the classrooms. Please inform the instructor if you are new to class.
Matfusion classes offer a mix of pilates and yoga moves. Namaste!