YOGA ROOM - Y1 SCHEDULE



August 20-26, 2018

Mon 8/20 Tues 8/21 Wed 8/22 Thurs 8/23 Fri 8/24 Sat 8/25 Sun 8/26							-5	,	
Utilimate CardioS 30 - 610 am Yoga Flow 605 - 6-00 am 6-05 - 6-05 - 6-05 - 6-00 am 6-05 - 6-05 - 6-05 - 6-00 am 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05 - 6-05		Mon 8/20	Tues 8/21	Wed 8/22	Thurs 8/23	Fri 8/24	Sat 8/25	Sun 8/26	
7:00 am 8:00 am 8:00 am 9:00 am 10:00 am	5:00 am	5:30 - 6:00 am				5:30 - 6:00 am			
8:00 am 9:00 am 10:00 am Gentle Yoga 10:00 - 10:45 am	6:00 am		6:00 - 7:00 am	6:05 - 6:40 am	6:00 - 7:00 am	6:05 - 6:40 am			
9:00 am 10:00 a	7:00 am								
10:00 am Gentle Yaga 10:00 - 10:45 am 10:00 - 10:00 am	8:00 am						7:45 - 8:45 am		
11:00 am 10:00-10:45 am 10:00-10:45 am 10:00-10:45 am 10:00-10:45 am 10:00-10:45 am 10:00-11:45 am 11:00-11:45	9:00 am								
12:00 pm	10:00 am	10:00 - 10:45 am		10:00 - 10:45 am		10:00 - 10:45 am			
12:00 pm 11:45 pm 12:45 pm 12:45 pm 12:40 pm 12:00 pm 1	11:00 am	11:00 - 11:45 am		11:00 - 11:45 am					
2:00 pm 2:00 pm 4:00 pm 2:00 pm 3:00 pm 4:00 pm 3:00 pm 4:00 pm 3:00 pm 3:00 pm 4:00 pm 3:00 pm 4:00 pm 3:00 pm 3:00 pm 4:00 pm 4:00 pm 4:00 pm 4:00 pm 5:00 pm 5:00 pm 7:00 pm 7:00 pm 7:00 pm 8:00 pm 8:00 pm 7:00 pm 7:00 pm 7:00 pm 8:00 pm 7:00 pm 7:0	12:00 pm	12:00 - 1:00 pm		12:00 - 1:00 pm		12:00 - 1:00 pm		11:45 am - 12:45 pm	
3:00 pm 4:00 pm Core Agility 5 Sport Yoga 4:00 - 4:30 pm Sports Training Staff Functional Strength 5 Sport Yoga Flow: Vinyasa style class focusing on strength & flexibility. Yoga Flow Si:30 - 6:45 pm Kerri Yoga Flow 6:30 - 7:30 pm Alyssa Intro to Yoga Find Training Staff Functional Strength 5 Sport Yoga: 45 minute class focusing on balancing the mind and body while strengthening and stretching muscles, working on mobility and range of motion. Chair Yoga: Held in G2. This 45 minute class is practiced sitting in a chair for support, experiencing deep breathing and gentle	1:00 pm						YOGA C	LASSES	
4:00 pm Core Agility \$ Sport Yoga A(0) - 4:30 pm Soport Straining Staff Functional Strength \$ 4:30 - 5:00 pm Soport Straining Staff Cindy C	2:00 pm								
4:00 pm Core Agility \$ 4:00 - 4:30 pm 5port Yoga 4:00 - 4:45 pm Clndy Clndy Clndy Clndy Clndy Sports Training Staff Functional Strength \$ 4:00 - 4:45 pm Clndy Sports Training Staff Functional Strength \$ 4:00 - 4:45 pm Sports Training Staff Functional Strength \$ 4:00 - 4:45 pm Sports Training Staff Functional Strength \$ 4:00 - 4:45 pm TBD	3:00 pm						advanced students. Focus on		
5:00 pm Yoga Flow 5:30 - 6:45 pm Cindy Yoga Flow 5:30 - 6:45 pm Cindy Yoga Flow 6:30 - 7:30 pm Alyssa Rerri Yoga Flow 6:30 - 7:30 pm Alyssa Intro to Yoga 7:00 pm Rerri Yoga Flow 6:30 - 7:30 pm Alyssa Chair Yoga: Held in G2. This 45 minute class is practiced sitting in a chair for support, experiencing deep breathing and gentle	4:00 pm	Core Agility \$ 4:00 – 4:30 pm Sports Training Staff Functional Strength \$ 4:30 – 5:00 pm	4:00 - 4:45 pm	Sports Training Staff	4:00 - 4:45 pm				
7:00 pm Yoga Flow 6:30 - 7:30 pm Alyssa Intro to Yoga 7:00 - 7:45 pm Kerri Yoga Flow 6:30 - 7:30 pm alyssa On mobility and range of motion.	5:00 pm								
7:00 pm Signature Figure	6:00 pm	Yoga Flow 5:30 - 6:45 pm Cindy		Y oga Flow 5:30 - 6:45 pm Kerri			focusing on balancing the mind and body while strengthening and stretching muscles, working		
8:00 pm minute class is practiced sitting in a chair for support, experiencing deep breathing and gentle	7:00 pm		Yoga Flow 6:30 - 7:30 pm Alyssa	7:00 - 7:45 pm	Yoga Flow 6:30 - 7:30 pm alyssa				
	8:00 pm						minute class is p a chair for suppo	racticed sitting in ort, experiencing	
	9:00 pm							and gentle	