

Holistic Center				Fall
MONDAY		TUESDAY	WEDNESDAY	
8:15-9:15	Pilates Jillian	8:00-9:15	Quiet Space	8:15 - 9:15 Pilates Tricia
9:30 - 10:25	Core on The Ball Robin	9:15 - 10:15	Intermediate Pilates Katie	9:30 - 10:25 Nia Ledys
10:30 - 11:15	Tai-Chi for Health Tammy	10:30 - 11:45	Vinyasa Ledys	10:30 - 11:45 Vinyasa Katie
11:30- 12:30	Hatha Yoga Vicky	12:00-1:15	Basic Yoga Katie	12:00 - 1:00 Qi Qong Fred
12:40 - 1:40	Multi Level Yoga Erin	1:30-2:15	Beginner Tai-Chi Tammy	1:15 - 2:15 Guided Imagery Paula
1:45-4:00	Quiet Space	2:30-3:00	Quiet Space	3:30 - 4:25 Pilates Shea
4:00-5:00	Intermediate Pilates Sue	3:00-4:00	Quiet Space	4:30 - 5:30 Intermediate Pilates Sue
5:00- 5:30	Quiet Space	4:00-4:45	Y Child Care Yoga Erin A	5:40- 6:55 Restorative Yoga** Ledys
5:30- 6:30	Belly Dance** Alla	5:00-6:00	Quiet Space	7:00- 7:45 Kids Yoga age 7 Erin
6:45 - 7:45	Pilates Erin	6:00-7:30	A Course In Miracles* Joshua	7:50 - 8:50 Multilevel yoga Erin
7:50 - 8:50	Multi level Yoga Erin			
THURSDAY		FRIDAY		SATURDAY
8:00- 9:15	Quiet Space	8:15 - 9:40	Restorative Yoga** Ledys	9:00-10:15 Integral Yoga Lani
9:15 - 10:15	Core Vinyasa Katie	9:45 - 11:00	Vinyasa Ledys	10:30 -11:30 Tai- Chi 1st/3rd Sat Nia 2nd/4th/Sat.
10:30 - 11:45	Basic Yoga Ledys	11:15 - 12:15	Belly Dance** Alla	11:35-12:35 Intermediate Pilates Sue
12:00 - 1:00	Restore and Reflect Ledys/Paula	12:30 - 1:30	Multi Level Yoga Erin	
1:30-2:15	Intermediate Tai-Chi Tammy	1:45 - 4:25	Quiet Space	
2:20-3:30	Quiet Space	5:30-6:30	Pilates Jillian	
3:30-4:25	Pilates Cindy			<b>SUNDAY</b> 11:00 12:00 Hatha yoga Vicky
4:30-5:45	Vinyasa Katie			12:15-1:15 Pilates Erin
6:15-7:15	Yoga Nidra Vicky			Updated 8-9-10
7:30-8:30	Pilates		**Requires Registration	* Establishing true perception

Shea



See the Front Desk

through forgiveness