

Holistic Center				Winter	
MONDAY		TUESDAY		WEDNESDAY	
8:00	Quiet Space	8:15	Contemplative Meditation Joshua	8:15	Pilates Tricia
9:30	Fusion on the Ball Robin	9:15	Intermediate Pilates Katie	9:30	Nia Ledys
10:30	Tai-Chi for Health Tammy	10:30	Vinyasa Ledys	10:30	Vinyasa Katie
11:30	Care for the Back Ledys	12:00	Pilates Katie	12:00	Belly Dance Clinic Alla
12:40	Multi Level Yoga Erin	1:15	Basic Tai-Chi Tammy	1:15	Fusion on the Ball Robin
1:45	Quiet Space	2:15	Reiki Healing# Jeannette	3:30	Pilates Shea
		3:30	Pilates Sue	4:30	Taekwondo** age/11-15 Keith
4:30	Taekwondo**/age 6-10 Keith	4:30	Day Care Yoga Erin	5:40	Pilates Katie
5:40	Nia Ledys	5:30	Belly Dance/level 1 ** ALLA	6:45	Kids yoga age 6@up Erin
6:45	Pilates Erin	6:30	Restorative Yoga** ledys	7:50	Multilevel yoga Erin
7:50	Multi level Yoga Erin	7:45	Pilates Shea		
THURSDAY		FRIDAY		SATURDAY	
8:15	Nia Ledys	8:15	Restorative Yoga** Ledys	9:00	Sun Salutation/Hatha Vicky
9:15	Flowing Fusion Pilates Katie	9:45	Vinyasa Ledys	10:30	Integral Yoga Lani
10:30	Basic Yoga Ledys	11:15	Intro to Belly Dance ** Alla	11:50	Taekwondo** age 6-10 Keith
		12:30	Multi Level Yoga Erin	12:50	Taekwondo** all ages Advance level Keith
12:00	Restore and Reflect Jeannette	1:45	Quiet Space		
1:30	Tai Chi for Health Tammy	4:30	Adult Intro to Taekwondo** Keith		
3:30	Pilates Cindy	5:30	Taekwondo**/age 11-15 Keith	SUNDAY	
4:30	Vinyasa Ledys	6:45	Intro to Belly Dance ** Alla	12:15	Pilates Erin
5:40	Pilates Sue			1:30	Tai-Chi for Health Tammy
7:00	Hatha Vicky			UPDATED FEB 23 2010	
			**Requires Registration See the Front Desk	# Sign -up in the Holistic Center	