

Holistic Center				Spring	
MONDAY		TUESDAY		WEDNESDAY	
9:30 - 10:30	Yogalates Ellie	8:00 - 9:00	Quiet Space	8:30 - 9:15	Pilates Ellie
10:45 - 12:00	Gentle Yoga Pat	9:15 - 10:30	Mellow Flow Yoga Ledys	9:30 - 10:30	NIA Ledys
12:15 - 1:15	Qi Qong Cheryl	10:45 - 11:45	Choga Robin	10:45 - 12:00	Gentle Yoga Tia
1:30 - 2:30	Weight Management/EFT • Ilana	12:00 - 1:00 1st week	Yoga Sutra Pat	12:15 - 1:00	Qi Qong Cheryl
2:45 - 5:15	Quiet Space	1:30 - 3:45	Quiet Space	1:15 - 2:15	Choga Maggie
5:30 - 6:45	Gentle Yoga Tia	4:00 - 5:00	KAY/ Yoga** • 5- 7 years old Pat	2:30 - 3:45 starts March 23	Wellness for Life**• Restorative Yoga Ledys
7:00 - 8:30 1st Week	Introduction to Meditation • Robert Weight Management /EFT• Ilana Peaceful Living Series• Dr.Myers/Nelson	5:15 - 6:30	Prenatal Yoga Ledys	4:00 - 5:00	KAY/ YOGA**• 2-5 Years old Maggie
2nd Week		6:45 - 8:00	Quiet Space	5:30 - 6:45	Mellow Flow Maggie
3rd Week				7:00 - 8:00	Pilates Erin
THURSDAY		FRIDAY		SATURDAY	
9:15 - 10:30	Essential Yoga Ledys	8:30 - 10:00	Restorative Yoga Ledys	8:30 - 9:20	Quiet Space
10:45 - 11:30	Pilates Maggie	10:15 - 11:15	Pilates Ledys	9:30 - 10:45	Integral Yoga Jennifer
11:45 - 12:45	Wellness for Life**• Choga Robin	12:15 - 1:15	Qi Qong• Mary	11:00 - 12:15	Yoga for Athletes Jennifer
1:00 - 2:00	Weight Management / EFT • Ilana	6:30 - 8:30 1st Week	Holistic Energy Reiki Share• Jeanette	12:30 -1:30	Pilates Maggie
4:00 - 5:00	KAY/YOGA**• Maggie	2:00 - 3:30 2nd Week	Holistic Energy Clinic• Ledys/Cheryl		
5:30 - 6:45	Wellness for Life**• Gentle Yoga Tia	5:00 - 6:30 3rd & 4th Week	Holistic Energy Clinic• Cheryl		
7:00 - 9:00	Living the Course In Miracles• Jamie/Joshua	6:00 - 7:30 2nd Week	Introduction to Meditation• Robert	SUNDAY	
				10:45 -12:00	Gentle Yoga Abi
				12:30 - 1:30	
				April.24th May. 22	Women's Support Circle Danielle
					**Registration Required Additional Fee May Be Applicable
					•Open to the Community Additional Fee May Be Applicable
Schedule Subject to Cha		3/1/2016			

