

Holistic Center				Spring	
<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>	
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		Quiet Space
5:30 - 6:45	Gentle Yoga Tia	4:00 - 5:00	KAY/ Yoga** • 5- 7 years old Pat	2:30 - 3:45	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	Yin Yoga Chris	5:30 - 6:45	Mellow Flow Maggie
3rd Week				7:00 - 8:00	Pilates Erin
<b>THURSDAY</b>		<b>FRIDAY</b>		<b>SATURDAY</b>	
8:15 - 9:00	Pilates Maggie	8:30 - 10:00	Restorative Yoga Ledys	8:30 - 9:20	Quiet Space
9:15 - 10:30	Essential Yoga Ledys	10:30 - 11:45	Yin Yoga Chris	9:30 - 10:45	Integral Yoga Jennifer
10:45 - 11:30	Choga Maggie	12:15 - 1:15	Qi Qong• Mary	11:00 - 12:15	Yoga for Athletes Jennifer
11:45 - 12:45	Wellness for Life**• Choga Robin	6:30 - 8:30 1st Week	Holistic Energy Reiki Share• Jeanette	12:30 - 1:30	Pilates Maggie
1:00 - 2:00	Weight Management / EFT • Ilana	2:00 - 3:30 2nd Week	Holistic Energy Clinic• Ledys/Cheryl		
4:00 - 5:00	KAY/YOGA**• Maggie	5:00 - 6:30 3rd & 4th Week	Holistic Energy Clinic• Cheryl		
5:30 - 6:45	Wellness for Life**• Gentle Yoga Tia	6:00 - 7:30 2nd Week	Introduction to Meditation• Robert	10:45 - 12:00	Gentle Yoga Abi
7:00 - 9:00	Living the Course In Miracles• Jamie/Joshua			12:30 - 1:30• May. 22	<b>Women's Support Circle</b> Danielle
**Registration Required Additional Fee May Be Applicable					
•Open to the Community Additional Fee May Be Applicable					

