

Serenity Yoga & Pilates Studio Summer 2010 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00								
5:15								
5:30								
5:45								
6:00								
6:15	Intermediate Reformer 6:00-6:55	Mat Pilates 6:00-6:55 AM	Intermediate Reformer 6:00-6:55	Jumpbord interval Reformer 6:00-6:55	Essential/Moderate Yoga Flow 6:00-7:00 AM			
6:30								
6:45								
7:00								
7:15								
7:30	Intermediate Reformer 7:00-7:55	Intermediate Reformer 7:00-7:55	Intermediate Reformer 7:00-7:55	Intermediate Reformer 7:00-7:55	Intermediate Reformer 7:00-7:55			
7:45								
8:00								
8:15								
8:30								
8:45								
9:00						\$\$ ** ## Jumpboard Interval Reformer 9-9:55 AM		
9:15								
9:30								
9:45								
10:00						Moderate Yoga Flow 10:00-11:10 AM		
10:15								
10:30								
10:45								
11:00								
11:15								
11:30								
11:50								
12:00								
12:15								
12:30								
12:45								
1:00 PM								
1:15 PM	Jumpboard Interval Reformer 1:00-1:55		Intermediate Reformer 1:00-1:55					
1:30 PM								
1:45 PM								
2:00 PM								
2:15 PM								
2:30 PM								
2:45 PM								
3:00 PM								
3:15 PM								
3:30 PM								
3:45 PM								
4:00 PM								
4:15 PM	Essential Reformer 4:15-5:10							
4:30 PM								
4:45 PM								
5:00 PM								
5:15 PM								
5:30 PM								
5:45 PM								
6:00 PM								
6:15 PM								
6:30 PM								
6:45 PM	Gentle Yoga Flow 6:45-7:45	Prenatal Yoga 7:00-7:50 PM	Moderate Yoga Flow 7:00-8:05	Gentle Yoga Flow 6:45-7:45				
7:00 PM								
7:15 PM								
7:30 PM								
7:45 PM								

Prenatal Yoga
4:45-5:40 PM

SYMBOLS \$\$-- Requires 2 punches from punchcard for each session attended
**** THESE CLASSES REQUIRE 24-HOUR ADVANCE NOTICE TO ATTEND, PLEASE CONTACT US BY EMAIL**
##-- Limit of 3 participants to hold class or it is subject to cancellation