

# Group Exercise Schedule

## **Monday October 16, 2017**

6:00 am	Pilates Mat
8:00 am	Gentle Yoga
9:15 am	Pilates Mat (intermediate/advanced)
10:30 am	Pilates Mat (beginning/intermediate)
12:00 pm	Hatha Yoga
1:30 pm	Cancer Wellness
4:30 pm	Pilates Mat
5:45 pm	Vinyasa Yoga

## **Tuesday October 17, 2017**

9:45 am	Pilates Mat
11:00 am	Flexibility In Movement
12:00 pm	Qigong
12:00 pm	Yoga