

YOGA		HATHA ASHTANGA IYENGAR MYSORE YIN RESTORATIVE PILATES MAT STRETCH						
SOCRATES Yoga Studio		MON 17 Feb	TUE 18 Feb	WED 19 Feb	THU 20 Feb	FRI 21 Feb	SAT 22 Feb	SUN 23 Feb
6:05AM			Vicky Mysore - Practice		Self-practice Mysore - Practice	Self-practice Mysore - Practice		
7:00AM	Gabriel Mysore - Ashtanga			Gabriel Mysore - Ashtanga				
9:30AM							Yuki Flow Hatha - 90min	
11:30AM	Gabriel Flow Hatha - 60min	Vicki Strong Hatha - 45min	Felicia Restorative - 45min					
12:15PM	Melanie Pilates Mat	Yuki Flow Hatha - 45min	Jenn Pilates Mat		Joanna Pilates Mat	Katharine Pilates Mat		
1:00PM	Gabriel Strong Hatha - 60min	Jenn Pilates Mat - 60min	Don Ashtanga - 60min		Gabriel Flow Hatha - 60min	Don Strong Hatha - 60min		
5:30PM	Karl Pilates Mat	Jenn Pilates Mat - 60min	Yuki Flow Hatha - 90min			Jess Z Restorative - 60min		
6:30PM	Gabriel Ashtanga - 60min	Jess Z Strong Hatha - 60min			Yuki Flow Hatha - 60min			

PILATES		GROUP REFORMER CLASS (GRC) CIRCUIT (GRC)						
CONFUCIUS Group Reformer Studio		MON 17 Feb	TUE 18 Feb	WED 19 Feb	THU 20 Feb	FRI 21 Feb	SAT 22 Feb	SUN 23 Feb
6:45AM	Vee GRC	Georgia GRC	Katrina GRC - CIRCUIT	Anne GRC	Katrina GRC			
7:30AM	Vee GRC	Georgia GRC	Katrina GRC	Anne GRC	Katrina GRC			
8:15AM							Barbara GRC	
9:00AM							Barbara GRC	
10:30AM	Melanie GRC	Katharine GRC	Jenn GRC	Joanna GRC				
11:15AM	Melanie GRC	Katharine GRC	Jenn GRC	Joanna GRC	Katrina GRC			
12:00PM	Rachel GRC - CHALLENGE	Katharine GRC	Katharine GRC - CHALLENGE	Rachel GRC - CIRCUIT	Katrina GRC - CIRCUIT			
12:45PM	Rachel GRC	Katrina GRC - CHALLENGE	Katharine GRC	Rachel GRC - CIRCUIT	Katrina GRC			
1:30PM	Rachel GRC	Katrina GRC	Katharine GRC	Rachel GRC	Katharine GRC			
2:15PM	Katharine GRC	Jenn GRC	Katharine GRC	Joanna GRC				
4:30PM	Katharine GRC	Jenn GRC						
5:15PM	Katharine GRC - CHALLENGE	Georgia GRC - CHALLENGE	Joanna GRC - CIRCUIT	Katharine GRC	Katharine GRC			
6:00PM	Katharine GRC	Georgia GRC	Joanna GRC	Katharine GRC	Katharine GRC			
6:45PM	Karl GRC	Georgia GRC	Joanna GRC	Katharine GRC				