

YOGA

HATHA ASHTANGA IYENGAR VINYASA YIN RESTORATIVE PILATES MAT

SOCRATES Yoga Studio	MON 19 Aug	TUE 20 Aug	WED 21 Aug	THU 22 Aug	FRI 23 Aug	SAT 24 Aug	SUN 25 Aug
6:45AM	Jess Z Flow Hatha - 75min	Brooke Strong Hatha - 75min	Amy Flow Hatha - 75min	Brooke Strong Hatha - 75min	Jess Z Stretch - 75min		
9:30AM						Yuki Flow Hatha - 90min	
11:30AM	Felicia Flow Hatha - 45min	Amy Strong Hatha - 45min	Kelsey Yin - 45min	Domenica Slow Hatha - 45min	Martine Restorative - 45min		
12:15PM	Melanie Pilates Mat	Yuki Flow Hatha - 45min	Jenn Pilates Mat	Joanna Pilates Mat	Karl Pilates Mat		
1:00PM	Felicia Strong Hatha - 60min	Anne Pilates Mat - 60min	Don Ashtanga - 60min	Vicki Flow Hatha - 60min	Don Strong Hatha - 60min		
5:30PM	Karl Pilates Mat - 60min	Jenn Pilates Mat - 60min	Yuki Flow Hatha - 90min	Jess Z Stretch - 60min	Cecilie Restorative - 90min		
6:30PM	Robert Ashtanga	Cecilie Flow Hatha - 75min		Terri Iyengar - 90min			

PILATES

GROUP REFORMER CLASS (GRC) CIRCUIT(GRC)

CONFUCIUS Group Reformer Studio	MON 19 Aug	TUE 20 Aug	WED 21 Aug	THU 22 Aug	FRI 23 Aug	SAT 24 Aug	SUN 25 Aug
6:45AM	Juliet GRC	Prudence GRC	Katrina GRC - CIRCUIT	Anne GRC	Katrina GRC		
7:30AM	Juliet GRC	Prudence 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	Katrina GRC		
11:15AM	Melanie GRC	Katharine GRC	Jenn GRC	Joanna GRC	Katrina GRC		
12:00PM	Rachel GRC	Katharine GRC	Katharine GRC	Rachel GRC - CIRCUIT	Katrina GRC - CIRCUIT		
12:45PM	Rachel GRC	Katrina GRC	Katharine GRC	Rachel GRC - CIRCUIT	Katrina GRC		
1:30PM	Rachel GRC	Katrina GRC	Katharine GRC	Rachel GRC	Karl GRC		
2:15PM	Katharine GRC	Anne GRC	Katharine GRC	Karl GRC			
4:30PM	Katharine GRC	Jenn GRC					
5:15PM	Katharine GRC	Juliet GRC	Vee GRC - CIRCUIT	Karl GRC	Katharine GRC		
6:00PM	Katharine GRC	Juliet GRC	Vee GRC	Karl GRC	Katharine GRC		
6:45PM	Karl GRC	Juliet GRC	Vee GRC	Prudence GRC			