

YOGA		HATHA ASHTANGA IYENGAR MYSORE YIN RESTORATIVE PILATES MAT STRETCH						
SOCRATES Yoga Studio		MON 24 Feb	TUE 25 Feb	WED 26 Feb	THU 27 Feb	FRI 28 Feb	SAT 29 Feb	SUN 1 Mar
6:15AM			Self-practice 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 - 45min	Vicki Strong Hatha - 45min		Martine Restorative - 60min				
12:15PM	Melanie Pilates Mat	Yuki Flow Hatha - 45min		Jenn Pilates Mat	Joanna Pilates Mat	Karl Pilates Mat		
1:00PM	Martine Strong Hatha - 60min	Juliet Pilates Mat - 60min		Don Ashtanga - 60min	Gabriel Flow Hatha - 60min	Don Strong Hatha - 60min		
5:30PM	Georgia Pilates Mat	Jenn Pilates Mat - 60min		Yuki Flow Hatha - 60min		Jess Z Restorative - 60min		
6:30PM	Gabriel Ashtanga - 60min	Jess Z Flow Hatha - 60min			Yuki Flow Hatha - 60min			

PILATES		GROUP REFORMER CLASS (GRC) CIRCUIT (GRC)						
CONFUCIUS Group Reformer Studio		MON 24 Feb	TUE 25 Feb	WED 26 Feb	THU 27 Feb	FRI 28 Feb	SAT 29 Feb	SUN 1 Mar
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			
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	Jenn GRC - CHALLENGE		Katharine GRC	Rachel GRC - CIRCUIT	Katrina GRC		
1:30PM	Rachel GRC	Jenn GRC		Katharine GRC	Rachel GRC	Karl GRC		
2:15PM	Katharine GRC	Juliet GRC		Katharine GRC	Karl GRC			
4:30PM	Katharine GRC	Jenn GRC						
5:15PM	Katharine GRC - CHALLENGE	Juliet GRC - CHALLENGE		Joanna GRC - CIRCUIT	Karl GRC	Katharine GRC		
6:00PM	Katharine GRC	Juliet GRC		Joanna GRC	Karl GRC	Katharine GRC		
6:45PM	Georgia GRC	Juliet GRC		Joanna GRC	Prudence GRC			