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2	(to avoid	disruption to classes of	offerd in this studio, late	entries are not allowe	d) MIND-BODY STUD	IO	update	d October 26, 2023
3	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	6:00 AM				Balance & Functional Mobility			
6					Rhonda			
7	9:30 AM	Vinasa Yoga		Yoga Flow		Yoga Flow	Barre	
8		Janine		Bridget		Jamuna	Priscilla	
9	10:30 AM							Yoga
10								John
11	11:00 AM		Pilates with Props	Pilates		Pilates with Props	Pilates	
12			Priscilla	Priscilla		Priscilla	Priscilla	
13	12:00 PM	Adult Ballet						
14		NEW Jessica						
15	5:30 PM	Barre		Yoga	Beginners Yoga			
16		Priscilla		Melane	Chinmayi			
17	6:30 PM	Yoga Flow						
18		John						
19					CYCLING STUDIO			
20	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
21	8:30 AM			Cycle Kim T			Cycle Teri	
23	9:30AM		Cycle/Sculpt-Part 1			Cycle/Sculpt-Part 1		
24 25	5:30 PM		Priscilla Cycle	Cycle		Priscilla		
26	5.30 FW		Kim T	Teri				
27				GRC	OUP EXERCISE STUDIO			
28	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	6:00 AM		Total Body Conditioning Rhonda			Total Body Conditioning Rhonda		
30	8:15 AM						Commit Dance Fitness	
32	0.15 AW						Daria	
33	8:30 AM		Low Impact Tone & Sculpt					POP Pilates
34		Power Hour	Kim M.	Cardio/Sculpt	Strength & Conditioning		Total Body Conditioning	Brieann Dance Cardio Fitness
36	9:30 AM	Courtney		Priscilla	Bridget		Teri	Brieann
37	10:00AM		Cycle/Sculpt-Part 2			Cycle/Sculpt-Part 2		
38	10.0074		Priscilla			Priscilla		
39	10:30 AM							Kickboxing
40						Commit Dance Fitness	Chely	Nikki
41	12:00PM					Daria		
42	4:00PM				Kickboxing			
44	4:00PM				Nikki			
45	4:30PM							
46		Total Body Conditioning	Dance Cardio Fitness	😗 ZUMBA	Survivor			
47	5:30PM	Total Body Conditioning Teri	Brieann	Chely	Teri			
48	6.00-	3 ZVMBA	Step	HIIT	Total Body Challenge			<u> </u>
50	6:30pm	Rocio	Lula	Richard	Sina			
51					PREMIER STUDIO			
52	6:00 AM	TRX BOOTCAMP		TRX BOOTCAMP				
53		Antoinette TRX BOOTCAMP		Antoinette	TRX BOOTCAMP			
54	10:35AM	Antoinette			(10:45 am) Bridget			
56	5:30PM		TRX BOOTCAMP					
57			Rainbow					
58 59	6:30PM							
60					SWIMMING POOL			
61	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
62	7:00 AM		Swim Training Teresa	Aqua Fitness Leigh				
63 64	8:00 AM		Aqua Fitness		Aqua Fitness			
65 66		Aqua Fitness	Lori	Aqua Fitness	Scot	Aqua Fitness	Aqua Fitness	
67	9:00 AM	Lori Aqua Fitness		Lori		Scot	Deborah	
68 69	5:30 PM	Donna						
70	7:15 PM				Swim Training Sami			
70 71 72 73 74			British Swim	British Swim	British Swim	Family Swim	Family Swim	British Swim
73 74			10:00 am - 1:30 pm Family Swim	4:00 pm - 7:00 pm	4:00 pm - 7:00 pm	3:00 pm - 7:00 pm	11:00 am - 3:00 pm	9:00 am - 1:00 pm
75			3:00 pm - 7:00 pm					