



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# WELLNESS STUDIOS SCHEDULE

SPRING SESSION: APRIL 15, 2019- JUNE 9, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Schedule subject to change.  For class/program descriptions, refer to our website or program brochure.			<b>Hatha Yoga (WS2)</b> 7:00a-8:00a			
	<b>Restorative Yoga (WS2)</b> 9:00a-10:00a					
<b>Fundamentals of Art (WS1)</b> 1:30p-3:00p						
					<b>Restorative Yoga (WS2)</b> 3:00p-4:00p	
				<b>Vinyasa Yoga (WS2)</b> 6:15p-7:15p		