



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS STUDIO 2 SCHEDULE

WINTER I SESSION: JANUARY 7- FEBRUARY 24, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Schedule subject to change. For class/program descriptions, refer to our website or program brochure.						
	Hatha Yoga 7:00a-8:00a		Hatha Yoga 7:00a-8:00a			Hatha Yoga 8:30a-9:30a
		Yin Yoga 10:00a-11:00a				
					Restorative Yoga 3:00p-4:00p	
		Vinyasa Yoga 6:00p-7:00p			Yin Yoga 6:00p-7:00p	