



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WELLNESS STUDIO 2 SCHEDULE

WINTER II SESSION: FEBRUARY 25- APRIL 14, 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					
			Vinyasa Yoga 6:00p-7:00p		Yin Yoga 6:00p-7:00p		
					Restorative Yoga 3:00p-4:00p		