



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# WELLNESS STUDIO 2 SCHEDULE

**WINTER II SESSION: FEBRUARY 25- APRIL 14, 2019**

\* No Yoga classes will be held March 25-29 and April 5

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</b> 7:00a-8:00a		<b>Hatha Yoga</b> 7:00a-8:00a			
					<b>Hatha Yoga</b> 10:00a-11:00a	
					<b>Restorative Yoga</b> 3:00p-4:00p	
				<b>Hatha Yoga</b> 6:30p-7:30p		