

inner space

pilates ~ yoga ~ movement

Monday

9:00-10:15	Transformational Power Yoga	John Dorsey
9:00-10:00	Pilates MVe Chair	Kerry Bouthot
10:30-11:30	Pilates Do it Right!	Zoey Trap
5:30-6:45	Jivamukti™ Yoga	Zoey Trap
6:00-7:00	Pilates MVe Chair	Kathryn Coyle

Tuesday

9:00-10:15	Jivamukti™ Yoga	Zoey Trap
10:30-11:45	Yoga Basics	Kathryn Coyle
6:00-7:00	Yoga Weekly Special Offering	Yoga Staff

Wednesday

7:00-8:00	Yogi See Yogi Do	Zoey Trap
9:00-10:15	Transformational Power Yoga	John Dorsey
10:30-11:30	Pilates More than Mat!	Zoey Trap
5:30-6:45	California Flow Yoga	Rebecca Totti

Thursday

9:00-10:15	Jivamukti™ Yoga	Kathryn Coyle
9:00-10:00	Pilates MVe Chair	Zoey Trap
10:30-11:45	Yoga Basics	Alex Tyson
6:00-7:15	Jivamukti™ Yoga Open Class	Kathryn Coyle
6:00-7:00	Pilates More than Mat!	Mary Therese Royal

Friday

9:00-10:00	Synergy= Yoga + Pilates	Zoey Trap
10:15-11:15	Qigong	Erik Harris
12:00-1:00	Advanced Pilates (permission required)	Zoey Trap

Saturday

9:00-10:15	Jivamukti™ Yoga	Zoey & Kathryn
9:00-10:00	Pilates MVe Chair	Mary Therese Royal
10:30-11:45	Yoga Basics	Alex Tyson

Sunday

10:00-11:00	Spiritual Warrior	Yoga Staff
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