

SouthWest Maximus in WoodValley

Yoga & Pilates Studio

2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<i>Morning Schedule</i>	9:00-10:00 Vinyasa Yoga Sheryl		9:00-10:00 Power/ Iron Yoga Sheryl		9:00-10:00 Power/ Iron Yoga	7:30-8:30 Yoga Fit Ellane	8:00
							8:35-9:35 Vinyasa Yoga Evie
		10 :00-11 :00 Pilates 101 Jen		10 :15-11 :15 Pilates Amy			
<i>Evening Schedule</i>					12 :15-1 :00 Power lunch Yoga Beth K.		
	7 :00-8 :00 Monday Night Yoga David Chall	5 :30-6 :30 Yogalates Paula <hr/> 6 :30-7 :30 YogaFit Ellane	6:00-7:00 Thera Ball Sue	5 :30-6 :30 Vinyasa Yoga Gwen <hr/> 6 :30-7 :30 YogaFit Elaine	6:00-7:00 Friday Night Yoga Danielle	Updated 3-12-10 TMC	