

Pilates/Yoga/Meditation Studio Schedule

BEND 'N MOVE
POWERED BY **LIFE IN THE BODY**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	7AM <u>Zoom Yoga 40 Min</u>		7AM <u>Zoom Yoga 40 Min</u>		
	9A <u>Practice Yoga/Pilates</u> <u>Zoom Yoga 40 Min</u>	9A-1 <u>Practice Pilates/Yoga</u> <u>One on One Lessons</u>	9A <u>Practice Pilates/Yoga</u> <u>Zoom Yoga 40 Min</u>	9A <u>Practice Pilates/Yoga</u> <u>Zoom Yoga 40 Min</u>	9A <u>Zoom Yoga 40 Min</u>
10A WITH MILO! <u>Yoga Strength</u> <u>also on Zoom</u>	10A <u>Yoga Foundations</u> <u>also on Zoom</u>		10A <u>Yoga Foundations</u> <u>also on Zoom</u>	10A <u>Yoga Explorations</u> <u>also on Zoom</u>	10A <u>Yoga Foundations</u> <u>also on Zoom</u>
	11A-1P <u>Practice Pilates/Yoga</u> <u>One on One Lessons</u>		11A-1P <u>Practice Pilates/Yoga</u> <u>One on One Lessons</u>	11-1P <u>Practice Pilates/Yoga</u> <u>One on One Lessons</u>	11-1P <u>Practice Pilates/Yoga</u> <u>One on One Lessons</u>
	12:30PM <u>Zoom Yoga 20 Min</u>	12P <u>Zoom Yoga 20 Min</u>			
				1P <u>Zoom Yoga 10Min</u>	

	4P-5P <u>Practice Pilates/Yoga</u> <u>One on One Lessons</u>	4-5P <u>Practice Pilates/Yoga</u> <u>One on One Lessons</u>			
5P WITH MILO! <u>Yoga Explorations</u> <u>also on Zoom</u>	5P <u>Yoga Explorations</u> <u>also on Zoom</u>	5P <u>Yoga Foundations</u> <u>also on Zoom</u>	530P <u>Yoga Restoration</u>		