

Lady Wellness

Innergy Schedule

234-9080

Summer 2008 Schedule

(All Classes held in Studio II)

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
			9:00-9:45 AM		9:00-9:45 AM
			Stretch		Stretch
	5:45-6:30 PM		5:30-6:30 PM	5:45-6:30 PM	
	Budokon		Vinyasa Yoga	Budokon	
	6:30-7:30 PM	6:30-7:15 PM	6:30-7:15 PM		
	Yoga Basics	Mat Pilates 2/3	Mat Pilates 101		

Club Hours :

Mon. - Thurs. 5:00 AM to 10:00 PM

Friday 5:00 AM to 8:00 PM

Saturday 6:30 AM to 6:00 PM

Sunday 10:00 AM to 5:00 PM

*You are welcome to purchase your own Yoga/Pilates mat, or rent one at the front desk.

***** CLASSES ARE SUBJECT TO CANCELLATION OR INSTRUCT
CHANGE WITHOUT PRIOR NOTICE*****

Sat.
8:30-9:15 AM
Mat Pilates 2/3 No Class 9th & 16th
9:30-10:30 AM
Vinyasa Flow No Class 9th & 16th

OR