

Auburn Yoga & Pilates Center, Spring 2010 Schedule, 3/28-6/19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-6:45 AM SPINNING [^] w/ Mark/Jennifer	5:45-6:45 AM Pilates Mat w/ Jennifer	6-6:45 AM SPINNING [^] w/ Kris	6-6:45 AM SPINNING [^] w/ Jennifer	5:45-6:45 AM Strength/Conditioning w/ Kris	7-7:45 AM SPINNING [^] w/ Jennifer
8-9 AM SPINNING / Strength [^] w/ Jennifer	8:30-9:15 AM SPINNING [^] w/ Kris			9-9:45 AM SPINNING [^] w/ Jennifer/Kris		8:15-9:15 AM Power Yoga w/ Jennifer
9AM-10AM Intro to Yoga** w/ John 6 Week Session Registration Required	9:30-10:30 AM Yochi w/ Laurie	9-10 AM Yogalates w/ Jennifer	8:30-9:30 AM Pilates Mat w/ Tina	9:30-10:30 AM Yogalates w/ Laurie	9-9:45 AM Level 1 SPINNING [^] w/ Kris	8-9 AM Pilates Mat w/ Tina
9:30-10:30 AM Slow Flow Yoga w/ Jennifer	10:45-11:30 AM SilverSneakers MSROM w/ Laurie	10:15-11 AM Level 1 SPINNING [^] w/ Jennifer/Kris	10:45-11:30 AM SilverSneakers MSROM w/ Donna	10:45-11:30 AM SilverSneakers MSROM w/ Laurie		9:30-10:15 AM SPINNING [^] w/ Jamie
	11:45-12:30 AM Yoga for Seniors w/ Laurie			11:45-12:30 AM SilverSneakers Yo Chi w/ Laurie		10:30-11:30 AM Strength/Conditioning w/ Katie
	12:45-1:30 PM SilverSneakers Tai Chi w/ Laurie		4:45-5:45 PM Kids Yoga (Ages 7-11) w/ Laurie 6 Week Session Registration Required	12:45-1:45 PM Toddler Yoga** w/ Laurie 6 Week Session Registration Required	4:45-5:30 PM SPINNING [^] w/ Jennifer	
Kid Bday Parties Offered See website for details	1:30-2:30PM Mom & Me Yoga/Pilates** w/ Laurie 6 Week Session Registration Required		4:45-5:45 PM Slow Flow Yoga w/ Jennifer		Various Workshops offered on Fri PM See website for details	Various Workshops/ Kids Bday Parties offered on Sat PM See website for details
5-5:45 PM SPINNING [^] w/ Mark	4:30-5:30 PM Strength/Conditioning w/ Jennifer	5:15-6 PM SPINNING [^] w/ Mark	5:45-6:30 PM SPINNING [^] w/ Mark	5:45-6:30 PM SPINNING [^] w/ Mark	<p>CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE. Please check the website or call the studio to confirm that a class is being held.</p> <p>Please call (508-832-8177), or email Jennifer@auburnyogaandpilates.com if you have any questions pertaining to the schedule.</p> <p>** Pre-registration is required for these classes. The SPRING sessions of six week, registration required classes begin the week of MARCH 28th and MAY 9th. Class size is limited. Register early to ensure that you get the class that you wish. If you wish to register you can register online, or stop by the studio right before any of the scheduled classes.</p> <p>[^]If you wish to attend a SPINNING class, it is strongly recommended that you reserve a bike through the link at auburnyogaandpilates.com</p>	
6:15-7:15 PM Candlelight (All Levels) Yoga w/ Laurie	5:45-6:30 PM SPINNING [^] w/ Jennifer	6-7 PM Pilates Mat w/ Michelle	6-7 PM Yogalates w/ Jennifer/Jamie	5:45-6:45 PM Slow Flow Yoga w/ Jennifer/John		
	6-7 PM Intro to Yoga** w/ Ann 6 Week Session Registration Required	6-7 PM Prenatal Yoga** w/ Ann 6 Week Session Registration Required	6-7 PM Intro to Yoga** w/ Laurie 6 Week Session Registration Required			
	7-8 PM Intro to Yoga & Pilates** w/ Donna 6 Week Session Registration Required		7:15-8:15 PM Intro to Yoga & Pilates** w/ Michelle/Jamie 6 Week Session Registration Required			
		7:15-8:15 PM All Levels Yoga w/ Ann	7:15-8:15 PM Yochi w/ Laurie	7-8 PM Pilates Mat w/ Michelle		
	7-7:45 PM SPINNING [^] w/ Katie		7:15-8 PM SPINNING [^] w/ Michelle	7-7:45 PM SPINNING [^] w/ Katie		