

Group Exercise Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
11:40 a.m.		Mindfulness			
12:00 p.m.		Yoga			Yoga
1:00 p.m.	Pilates		Pilates		

Class links:

Pilates, [Mondays and Wednesdays at 1:00 p.m.](#)

Yoga, [Tuesdays at 12:00 p.m.](#) and [Fridays at 12:00 p.m.](#)

Mindfulness, [Tuesdays at 11:40 a.m.](#)