

Mon 6am-9pm
Tuesday-Thursday 6am-8pm
Friday 6am-6pm
Saturday 7am-1pm
Sunday 8am-12:30pm

522 Boston Post Rd
Wayland
(508) 358-6022

A mind body and spirit center for



January 2 – February 19, 2012

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:30-7:30am Yoga Basics (Ari) Studio 1	7:30-8am Cardio Interval (Kathy) Cardio Room	6:30-7:30am Yoga Basics (Taylor) Studio 1 *Starts Jan. 11	7:30-8am Cardio Interval (Kathy) Cardio Room	6:00-7:00am Vinyasa Yoga (Natalie) Studio 1	8:30-9:30am Pilates (Barbara) Studio 2	8:00-9:00am Pilates Sculpt (Sandra) Studio 1
8:00-9:30am Forrest Yoga (Lynn) Studio 2	8:00-9:00am Pilates (Linda W.) Studio 1	8:00-9:00am Pilates (Kelley) Studio 2	8:00-9:00am Pilates (Kelley) Studio 1	8:00-8:45am Sculpting (Kathy) Studio 1	8:30-10am Kripulu Yoga (Nina) Studio 1	9:00-10:30am Power Yoga (Wendy/Taylor) Studio 2
8:00-8:45am Sculpting (Kathy) Studio 1	8:00-9:15am Kripalu Moderate Yoga (Abby) Studio 2	8:30-9:15am NIA dance (Cindy) Studio 1	9:15-10:30am Intermediate Vinyasa Yoga (Janine) Studio 1	8:00-9:00am Pilates (Ari) Studio 2	9:35-10:15am Core & Sculpt (Teresa) Studio 2	9:15-10:15am Sunday Yoga (Ari) Studio 1
8:50-9:45am NIA dance (Lisa) Studio 1	9:15-10:15am Pilates (Kay) Studio 1	9:30-10:30am Pilates & Sculpt (Linda W.) Studio 2	9:15-10:15am Pilates (Judy) Studio 2	8:50-9:45am NIA (Cindy) Studio 1	10:15-11:15am Stretch, Roll & Sing (Teresa) Studio 2	10:30-11:30 Stott Mat Pilates (Kay/Jill) Studio 1
9:35-10:35am Beginner Forrest Yoga (Lynn) Studio 2	9:30-10:45am Kripulu Gentle Yoga (Abby) Studio 2	9:30-11am Intermediate/ Adv. Vinyasa Yoga (Janine) Studio 1		9:30-10:30am Stretch Yourself (Stephanie) Studio 2	10:15-11:45am Hot Yoga (Ari/Janine/Tara) Studio 1	10:45-12pm Meditation (Nina) Studio 2
10:00-11:00am Pilates (Linda W.) Studio 1	10:30-11:30am Sculpting w/Core (Kathy) Studio 1	10:45-11:45am Yoga Basics (Tara) Studio 2	10:45-12pm Vinyasa Fundamentals Level I (Janine) Studio 1	10:00-11:30am Kripalu Yoga (Nina) Studio 1	Closes at 1pm	Closes at 12:30

11:30-12:45pm Svaroopa Yoga (Caroline) <i>\$5 additonal fee</i> Studio 2 *NO CLASS on Jan. 2	12-1:15pm Vinyasa Fundamentals Level II (Janine) Studio 1		12:00-1:15pm Svaroopa Yoga (Caroline) <i>\$5 additional</i> Studio 2	11:00-12:00pm Pilates (Kelley) Studio 2	*Please note Classes need An Average of 8 students to	
5:00-6:00pm Pilates (Dana) Studio 1	5:00-6:15pm Gentle Yoga (John) Studio 2	5:00-6:00pm Pilates & Sculpt (Dana) Studio 1	5:00-6:15pm Gentle Yoga (Michael) Studio 1	5:00-6:15pm Gentle Yoga (Taylor) Studio 1	Stay on the schedule	
5:30-6:45pm Gentle Yoga (Taylor) Studio 2 *Starts Jan. 9		5:30-6:45pm Chopra Yoga & Meditation (Karen M.) Studio 2	6:30 – 8:00pm Hot Vinyasa Yoga (Joe) Studio 1			
7:00-8:30pm Hot Yoga (Joe) Studio 1	6:30- 8:00pm Hot Vinyasa Yoga (John C.) Studio 1	6:30-7:30pm Pilates Sculpt (Sandra) Studio 1				