

2011 Schedule

Please note Studio **A** or **B** for Classes and Workshops
A "PEACEFUL" Studio ----- **B** "JOURNEY" Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45- 6:45 AM POWER (Amy) <i>B</i>		5:45- 6:45 AM POWER (Amy) <i>B</i>			
8:45-10:00 AM VINYASA (Isabelle) <i>A</i>	8:45-10:00 AM MIND/BODY (Penny) <i>A</i>	8:45-10:00 PM VINYASA (Lisa) <i>A</i>	8:45-10:00 AM MIND/BODY (Penny) <i>A</i>	8:45-10:00 AM MIND/BODY (Vicky) <i>A</i>	8:45-10:00 AM HEATED POWER (Amy/Bonnie)	9:00-10:15 AM RESTORATIVE YOGA (Barbe)
10:15-11:15 AM YOGA NIDRA Relaxation (Sandy) <i>A</i>		10:15-11:15 AM MOMMY & ME YOGA *SERIES CLASS (Barbe) <i>B</i>			10:30-11:45 AM MIND/BODY (Bonnie/Barbe)	
4:00-5:15 PM MIND/BODY (Vicky) <i>A</i>	4:45-6:00 PM YOGALATES (Bonnie) <i>A</i>	3:45- 4:45 PM MIND/BODY (Vicky) <i>A</i>	4:45-6:00 PM GENTLE YOGA (Kim) <i>A</i>	4:00-5:00 PM PEACEFUL FLOW (Mary) <i>A</i>		3:30-4:45 PM MIND/BODY (Instructors rotate)
6:00-7:15 PM BEGINNER YOGA *SERIES CLASS (Vicky) <i>B</i>	6:15-7:15 PM YOGA NIDRA Relaxation (Sandy) <i>B</i>	5:00-6:00 PM HEATED POWER (Amy) <i>A</i> 6:00-7:15 PM ADV. BEGINNER *SERIES (Vicky) <i>B</i>	6:00-7:15 PM PRE-NATAL YOGA *SERIES CLASS (Barbe) <i>B</i>	5:15-6:30 PM Amrit (Sandy) <i>A</i>	2011 WORKSHOPS (See Online Schedule)	"FRIEND" us on FACEBOOK For Specials & Events!
6:15-7:30 PM VINYASA (Barbara) <i>A</i>	6:15-7:30 PM YOGA BASICS (Barbara) <i>A</i>	6:15-7:30 PM MIND/BODY (Barbe) <i>A</i>	6:15- 7:30 PM ENERGY BALANCE (Jennifer) <i>A</i>	6:00-9:00 PM VARIETY NIGHT Scheduled Special Events... <i>See Web for Details</i>		
					WELLNESS SESSIONS By Appointment	 Life's Journey YOGA AND WELLNESS

Call us @ (904) 276-3116 or visit: www.lifesjourneywellness.com