



December 2011 Mind & Body Schedule - Ambler Studio

Day	Time	Class	Teacher	Duration
Monday	8:30 AM	Pilates Mat: All Level	Michele	60 Min.
	9:35 AM	Vinyasa Flow: Level I/II	Stuart	60 Min.
	6:00 PM	Classic Hatha: Level I/II	Robin	60 Min.
	7:05 PM	Vinyasa Flow: Level I/II	Stuart	60 Min.
	7:15 PM	Barre Class: All Level (New Class)	Ann	60 Min.
Tuesday	9:30 AM	Anusara Hatha: Level I/II	Kilkenny	60 Min.
	10:30 AM	Barre Class: All Level	Michele	60 Min.
	4:30 PM	\$7 Community Yoga: All Level	Teri	60 Min.
	5:45 PM	Pilates Mat: All Level	Stacey	60 Min.
	7:00 PM	Classic Hatha: Level I/II	Stacey	60 Min.
Wednesday	8:30 AM	Pilates Mat: All Level	Michele	60 Min.
	9:35 AM	Vinyasa Flow: Level I/II	Stuart	60 Min.
	9:45 AM	Pilates Mat: Level I/II	Stacey	50 Min.
	5:45 PM	Vinyasa Flow: Level II/III	Natalie	70 Min.
	7:05 PM	Vinyasa Flow: Level I/II	Natalie	60 Min.
Thursday	8:30 AM	Barre Class: All Level	Michele	60 Min.
	9:30 AM	Classic Hatha: Level I/II	Stacey	60 Min.
	4:30 PM	\$7 Community Yoga: All Level	Teri	60 Min.
	5:45 PM	Pilates Mat: All Level	Stacey	60 Min.
	7:00 PM	Classic Hatha: Level I/II	Stacey	60 Min.
	7:00 PM	Barre Class: All Level (New Class)	Merissa	60 Min.
Friday	8:30 AM	Barre Class: All Level	Michele	60 Min.
	9:30 AM	Anusara-Inspired: Level I/II	Robin	70 Min.
	9:45 AM	Pilates Mat: Level I/II	Stacey	50 Min.
Saturday	8:45 AM	Classic Hatha: Level I/II	Tammy	60 Min.
	10:00 AM	Anusara-Inspired: Level II/III	Robin	75 Min.
	10:30 AM	Pilates Mat: All Level	Nicole	60 Min.
	11:30 AM	\$7 Community Yoga: All Level (New Class)	Brice	60 Min.
Sunday	9:00 AM	Vinyasa Flow: Level I/II	Karen	60 Min.
	10:15 AM	Vinyasa Flow: Level II/III	Karen	75 Min.
	11:45 AM	Classic Hatha: Level I/II	Elizabeth R	60 Min.

* **Note:** Beginner 101 Series, Workshops & Other Special Events are not included on the monthly printed schedules. These activities can be found on our website.

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