



January 2012 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.
	6:15 PM	Pilates Mat: All Level (New Class)	Nicole	55 Min.
	7:05 PM	Vinyasa Flow: Level I/II	Stuart	60 Min.
	7:15 PM	Barre Class: All Level	Ann	60 Min.
Tuesday	9:30 AM	Anusara Hatha: Level I/II	Kilkenny	60 Min.
	10:40 AM	Barre Class: All Level (New Later Start Time)	Michele	60 Min.
	4:30 PM	\$7 Community Yoga: All Level	Teri	60 Min.
	5:45 PM	Pilates Mat: All Level (New Teacher)	Merissa	60 Min.
	7:00 PM	Classic Hatha: Level I/II (New Teacher)	Tammy	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 (New Teacher)	Merissa	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	8:20 AM	Barre Class: All Level (New Earlier Start Time)	Michele	60 Min.
	9:30 AM	Classic Hatha: Level I/II (New Teacher)	Tammy	60 Min.
	4:30 PM	\$7 Community Yoga: All Level	Teri	60 Min.
	5:45 PM	Pilates Mat: All Level (New Teacher)	Merissa	60 Min.
	7:00 PM	Classic Hatha: Level I/II (New Teacher)	Robin	60 Min.
	7:00 PM	Barre Class: All Level	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 (New Teacher)	Merissa	50 Min.
	6:00 PM	Vinyasa Flow: Level II/III (New Class on 1 Month Trial)	Stuart	60 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	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.

Tel: (215) 654 - 5393 Web: www.TwistersYoga.com Email: TwistersYoga@comcast.net

Ambler Center Address: 131 E. Butler Avenue, Ambler, PA 19002



January 2012 Mind & Body Schedule - Erdenheim Studio

Day	Time	Class	Teacher	Duration
Monday	9:15 AM	Hot Yoga Express: All Level	Elizabeth R	60 Min.
	9:30 AM	Vinyasa Flow: Level II/III	Emily	75 Min.
	11:15 AM	Classic Hatha: Level I/II	Barbara	60 Min.
	4:30 PM	\$7 Community Yoga: All Level	Teri	60 Min.
	5:45 PM	Vinyasa Flow: Level I/II	Elizabeth M	60 Min.
	6:00 PM	Hot Yoga: All Level	Karen	90 Min.
	7:00 PM	Classic Hatha: Level I/II	Elizabeth M	60 Min.
Tuesday	8:15 AM	Vinyasa Flow: Level II/III (New Class)	Emily	60 Min.
	9:30 AM	Hot Mixed: All Level	Stuart	75 Min.
	9:30 AM	Anusara-Inspired: Level I/II	Robin	75 Min.
	6:05 PM	Vinyasa Flow: Level II/III	Stuart	60 Min.
	7:15 PM	Hot Mixed: All Level	Stuart	60 Min.
	7:15 PM	Vinyasa Flow: Level I/II	Tammy	60 Min.
Wednesday	7:00 AM	Silent Hot Yoga Express: All Level	Elizabeth R	50 Min.
	8:15 AM	Classic Hatha: Level I/II	Kelly	60 Min.
	9:15 AM	Hot Mixed: All Level (New Class)	Dara	60 Min.
	9:30 AM	Vinyasa Flow: Level II/III	Kelly	75 Min.
	4:30 PM	\$7 Community Yoga: All Level	Teri	60 Min.
	5:45 PM	Vinyasa Flow: Level I/II	Emily	60 Min.
	6:00 PM	Hot Yoga Express: All Level	Karen	50 Min.
	7:00 PM	Classic Hatha: Level I/II	Elizabeth M	60 Min.
Thursday	7:00 PM	Hot Mixed: Level II/III	Karen	60 Min.
	8:15 AM	Anusara-Inspired: Level II/III	Robin	60 Min.
	9:30 AM	Hot Mixed: All Level	Stuart	75 Min.
	9:30 AM	Anusara-Inspired: Level I/II	Robin	75 Min.
	6:05 PM	Vinyasa Flow: Level II/III	Stuart	60 Min.
Friday	7:15 PM	Vinyasa Flow: Level I/II	Teri	60 Min.
	7:00 AM	Silent Hot Yoga Express: All Level	Elizabeth R	50 Min.
	8:10 AM	Classic Hatha: Level I/II	Kelly	60 Min.
	9:15 AM	Hot Hatha: All Level	Elizabeth R	60 Min.
	9:35 AM	Vinyasa Flow: Level II/III	Stuart	75 Min.
Saturday	8:00 AM	Anusara: Level I/II (Not Held 1/7 & 1/28)	Kilkenny	75 Min.
	9:00 AM	Hot Yoga: All Level	Elizabeth R	90 Min.
	9:30 AM	Anusara: Level II/III (Not Held 1/8 & 1/29)	Kilkenny	75 Min.
	11:15 AM	Classic Hatha: Level I/II	Elizabeth M	75 Min.
Sunday	9:00 AM	Hot Hatha: All Level	Stuart	60 Min.
	9:30 AM	Vinyasa Flow: Level I/II	Barbara	75 Min.
	3:45 PM	Vinyasa Flow: Level II/III	Emily	60 Min.

Tel: (215) 836 - 1719 Web: www.TwistersYoga.com Email: TwistersYoga@comcast.net

Erdenheim Center Address: 813 Bethlehem Pike, Erdenheim PA 19038