

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:15 AM Total Body Sculpt Marlo	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM Vinyasa Yoga Moe	8:30-9:15 AM Total Body Sculpt Marlo	
9:30-10:30 AM Hatha Yoga Sarah (beginning 4.17)	9:30-10:30 AM Hatha-Vinyasa Yoga Marlo	9:30-10:30 AM Gentle Yoga Sarah	9:30-10:30 AM Vinyasa Yoga Moe	9:30-10:30 AM Gentle Yoga Mariana	9:30-10:30 AM Vinyasa Yoga Jim	9:30-10:30 AM Yoga Basics Mariana
11:00-12:00 PM Gentle Yoga Sarah	11:00-12:00 PM Slow Flow—Moe Chair Yoga—Monica (downstairs)	11:00-12:00 PM Hatha Yoga Sarah	11:00-12:00 PM Breath-Centric Yoga Sairsha	11:00-12:00 PM Slow Flow—Mariana Chair Yoga—Moe (downstairs)	11:00-12:00 PM Slow Flow Yoga Jim	11:00-12:00 PM Gentle Yoga Mariana
12:30-1:30 PM Hatha Yoga Sarah (on 4.7 only)	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Vinyasa Yoga Moe	12:30-1:30 PM Vinyasa Yoga Lacey	12:30-1:30 PM Hatha (4.4, 11) —Mariana Vinyasa (4.18, 25) —Monica	12:30-1:30 PM Power Yoga Lacey	12:30-1:30 PM Vinyasa Yoga Lacey
	1:35-2:00 PM Meditation Monica			1:35-2:00 PM Meditation Mariana/Monica		
		4:45-5:45PM Breath-Centric Yoga Sairsha	4:00-5:00 PM Youth Yoga (7-11yrs) Sairsha [Registration Required]	4:00-5:00 PM Teen Yoga (11-15yrs) Sairsha [Registration Required]	5:45-6:45pm Breath-Centric Yoga Sairsha	
	6:00-7:00 PM Slow Flow Sarah	6:00-7:00 PM Total Body Sculpt Lacey		6:30-7:30 PM Tai Chi Peter [Registration Required]	 <p><b>McFetridge Wellness</b></p> <p><b>April 2024</b></p>	
	7:30-8:30 PM Restorative Yoga Sarah/Moe	7:30-8:30 PM Vinyasa Yoga Lacey		7:40-8:40 PM Tai Chi Peter [Registration Required]		