

# ZYNERG SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Yoga & Balance 7:30-8:30 KW		Yoga & Balance 7:30-8:30 KW		
	TaiChiYo 9:30-10:15 NO	Core & Stretch 9:30-10:30 KW	Yoga & Balance 8:30-9:30 KW	Core & Stretch 9:30-10:30 KW	Cardio Pilates 9-9:45 SL	
	Dynamic Stretch & Balance 10:15-11 NO	Gentle Mixed Yoga 10:30-11:30 KW	Intro Pilates 9:30-10:30 KW	Gentle Mixed Yoga 10:30-11:30 KW	Intro Pilates 9:45-10:30 SL	Pilates 10-11 SL
	TaikwonYo 11:45- 12:30 NO	Intro Pilates 11:30-12:15 NO	Restorative Yoga 10:30- 11:30 KW	Chair Yoga 11:30 - 12:30 BB	Yin Flow Yoga 10:30- 11:30 NO	Yoga (pop up) style varies weekly 11:15-12:15 BB
Yoga (all levels) 12:00 - 1:00 BB		Dynamic Stretch & Foam Roll ** 12:15-1 NO	TaekwonYo 11:30-12:15 NO		TaekwonYo 11:30-12:15 NO	
	Dynamic Stretch 1-1:30 LM	Yin Flow Yoga 1-1:45 NO	Foam Roll & Stretch ** 12:15-1 NO		Foam Roll & Stretch ** 12:15-1 NO	
		Yin Flow Meditation 1:45-2:30 NO		Yin Flow Yoga 2-2:45 NO		
	Pilates 4:15- 5:15 SL			Yin Flow Meditation 2:45-3:30 NO		
	Core & Stretch 6-7 KW	TaekwonYo 5:45-6:30 NO	Pilates 5:15- 6:15 SL	Intro Pilates 5:30-6:15 EB		
	Restorative Yoga & Meditation 7-8 KW	Yin Flow Yoga 6:30-7:30 NO	Core & Stretch 6-7 KW	Cardio Pilates 6:15-7 EB		
			Restorative Yoga & Meditation 7-8 KW			

Yoga Room	** Bring your own foam roller to class	<b>BB</b> - BARBARA BROWN <b>EB</b> - ELKE BROWN	<b>INSTRUCTORS:</b> <b>KW</b> - KIMI WRIGHT <b>LM</b> - LAUREN MCMULLEN	<b>NO</b> - NANI OM <b>SL</b> - SALLY LOWELL
Multipurpose Room				
Aerobics Room				