

Gray's Peak- Yoga/Senior Class Schedule

Last updated 8/1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00-6:45am Recovery Yoga Becky		5:45-6:45am Yoga Becky		6:00-6:45am Recovery Yoga Becky	8:45-12pm Tai Chi \$ Rebecca	9:45-11:15am Integral Yoga C.M.
8:00-9:00am SS CardioFit Terry		8:00-9:00am All Levels Yoga Satya		8:00-9:00am Gentle Yoga C.M.		
9:15-10:15am Zumba Anastasia	9:30-10:30am Building Flexibility Donna \$	9:15-10am Pilates Mat Susan	9:30-10:30am Building Flexibility Donna \$	9:15-10:15am SS Circuit Terry		
10:30-11:30am SS Classic Terry	10:45-11:45am Gentle Yoga Ronda	10:30-11:30am SS Classic Donna	10:45-11:45am Yoga for hips/back C.M.			
12:00-1:00pm Gentle Yoga Peryl	12:00-1:00pm Yoga Alyx	12:00-1:00pm Power Yoga Peryl	12-1pm Yoga Judi	12-1pm Yoga Molly		
1:15-2:30pm Yoga for hips/back C.M.		3:00-4:00pm Butts & Guts Terry		2:00-3:00pm SS Yoga Terry		
3:00-4:00pm Butts & Guts Terry						
4:40-5:15pm Cycle-yoga Becky	6:30-7:30pm Pilates Mat Anastasia	6-7pm Power Yoga Peryl	6:30-7:30pm Pilates Mat Anastasia			
5:30-6:30pm Advanced Yoga Alyx		7:15-7:30pm Lift n Ride Felicia				
7:45-8:45pm Yoga Becky	7:45-8:45pm Restorative Yoga Wendy	7:45-8:45pm Yoga Diane	7:45-8:45pm Yoga Alyx			

For cancellation status visit our website:
www.louisvillerecreation.com/FitZone

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