



# Memorial Athletic Club

## Yoga Schedule

### June 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am Hatha Yoga MAC Studio B Debbie S	6:00am Power Yoga MAC Studio A Heidi	7:30am Hatha Yoga MAC Studio B Marta	6:00am Power Yoga MAC Studio A Olesya	8:00am Active Vinyasa MAC Studio B Heidi	7:00am Yoga Basics MAC Studio B Lori	7:30am Active Vinyasa MAC Studio B Guillermina
10:30am Advnaced Vinyasa*** MAC Studio A Debby C Aromatherapy may be used	7:15am Yoga Basics MAC Studio B Heidi	11:00am Barre Above MAC Studio A Sarah	7:15am Yoga Basics MAC Studio B Olesya	10:00am Active Vinyasa MAC Studio A Susan	8:00am Advanced Vinyasa MAC Studio B Lori	11:30am Relaxation & Restorative Yin w/Meditation**** MAC Studio A Amy
10:30am Barre Above MFW Sarah	8:30am Yoga Fusion MFW Amy	11:30am Hatha Yoga**** MFW Marta	8:30am Active Vinyasa MFW Debby C Aromatherapy may be used	11:30am Hatha Yoga**** MFW Debbie S	9:00am Yoga Basics MAC Studio A Lori	
11:30am Hatha Yoga**** MFW Marta	10:00am Yoga Basics MAC Studio A Heidi	2:00pm Therapeutic Yoga MAC Studio B Cheryl	9:30am Barre/Yoga Fusion MFW Debby C	5:30pm Hatha Yoga MAC Studio B Heidi	9:30am PiYo MFW Edie	
4:30pm Kids Yoga** MAC Studio B Sandra	10:30am Preschool Play Yoga MAC Studio B Amy	2:30pm Relaxation & Restorative Yin Yoga MAC Studio A Heidi	10:00am Yoga Basics MAC Studio A Heidi		11:00am Barre Above MAC Studio A Sarah/Beth	
5:15pm Active Vinyasa MFW Heidi	10:30am Active Vinyasa MFW Susan	4:30pm Kids Yoga* MAC Studio B Sandra	11:00am Relaxation & Restorative Yin MAC Studio A Heidi		11:00am Active Vinyasa*** MAC Studio A Guillermina Aromatherapy may be used	
5:30pm Advanced Vinyasa MAC Studio B Jennifer	11:00am Relaxation & Restorative Yin MAC Studio A Heidi	5:00pm Tai Chi MAC Studio B Heidi	4:00pm Barre Above MAC Studio A Sarah		11:30am Relaxation & Restorative Yin MFW Rotation	
	5:00pm Active Vinyasa MAC Studio B Olesya	5:30pm Gentle Flow Yoga MFW Aida	5:15pm Active Vinyasa*** MFW Heidi			
	5:00pm Barre Above MAC Studio A Sarah	6:45pm Active Vinyasa**** MFW Debbie S				
	7:00pm Hatha Yoga**** MFW Linda					

All classes are 55 minutes unless otherwise noted

\* 30 minutes

\*\* 45 minutes

\*\*\* 75 minutes

\*\*\*\* 90 minutes

MFW= MAC For Women location

Men are allowed in the studio at the MFW after 6:30pm