



Memorial Athletic Club

Yoga Schedule

January 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am Hatha Yoga MAC Studio B Debbie S	6:00am Power Yoga MAC Studio A Heidi	11:00am Barre Above MAC Studio A Sarah	6:00am Power Yoga MAC Studio A Amy C	8:00am Active Vinyasa MAC Studio B Heidi	8:00am Power Yoga MAC Studio B Lori	9:00am Active Vinyasa MAC Studio B Guillermina
10:30am Advnaced Vinyasa*** MAC Studio A Jennifer J	10:00am Yoga Basics MAC Studio A Heidi	11:30am Hatha Yoga**** MFW Marta	9:30am Barre/Yoga Fusion MFW Beth	10:00am Active Vinyasa MAC Studio A Susan	9:00am Yoga Basics MAC Studio A Lori	11:30am Relaxation & Restorative Yin w/Meditation**** MAC Studio A Guillermina
10:30am Barre Above MFW Sarah	10:30am Active Vinyasa MFW Susan	4:00pm Kids Yoga* MAC Studio B Sandra	10:00am Yoga Basics MAC Studio A Heidi	11:30am Hatha Yoga**** MFW Debbie S	9:30am Barre Above MFW Sarah/Beth	
11:30am Hatha Yoga**** MFW Marta	11:00am Relaxation & Restorative Yin MAC Studio A Heidi	5:30pm Gentle Flow Yoga MFW Linda Steinbarger	11:00am Relaxation & Restorative Yin MAC Studio A Heidi		11:30am Relaxation & Restorative Yin**** MFW Heidi	
5:30pm Active Vinyasa MFW Guillermina	4:45pm Barre Above MAC Studio A Sarah	6:30pm Active Vinyasa**** MAC Studio B Debbie S	4:00pm Tai Chi MAC Studio B Heidi			
	7:00pm Hatha Yoga**** MFW Linda		5:15pm Active Vinyasa MFW Heidi			

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