



MON	TUE	WED	THUR	FRI	SAT	SUN
<b>ACTIVE STRETCH</b> Instructor: Edda Pinelli 6:30 - 8:00 am	<b>ACTIVE STRETCH</b> Instructor: Edda Pinelli 6:30 - 8:00 am	<b>ACTIVE STRETCH</b> Instructor: Edda Pinelli 6:30 - 8:00 am	<b>ACTIVE STRETCH</b> Instructor: Edda Pinelli 6:30 - 8:00 am	<b>ACTIVE STRETCH</b> Instructor: Edda Pinelli 6:30 - 8:00 am	<b>INTERMEDIATE/ EXPERIENCED</b> Instructor: James McIntyre 8:00 - 9:45 am	<b>STRETCH - RELAX - RENEW</b> Instructor: Kate Porotto 10:00 - 12:00 pm
<b>OPEN</b> Instructor: Brad Ravenscroft 10:00 - 11:45 am	<b>WOMEN &amp; PREGNANCY</b> Instructor: Kate Porotto 9:30 - 11:15 am	<b>OPEN</b> Instructor: Mary Swan 9:30 - 11:30 am	<b>OPEN</b> Instructor: Brad Ravenscroft 9:30 - 11:15 am	<b>OPEN</b> Instructor: Mary Swan 10:00 - 12:00 pm	<b>BEGINNERS</b> Instructor: James McIntyre 10:00 - 11:45 am	
<b>LUNCHTIME STRETCH</b> Instructor: Peter Humphry 12:00 - 1:00 pm				<b>SOUND HEALING</b> Instructor: Julian Silburn 12:30 - 2:00 pm	<b>WOMEN &amp; PREGNANCY</b> Instructor: Kate Porotto 12:00 - 1:45 pm	<b>SOUND HEALING</b> Instructor: Julian Silburn 12:30 - 2:00 pm
<b>INTERMEDIATE</b> Instructor: Kale Leaf 5:00 - 6:30 pm	<b>THERAPEUTIC</b> Instructor: Kale Leaf 4:45 - 6:30 pm	<b>INTERMEDIATE</b> Instructor: Kale Leaf 5:00 - 6:30 pm	<b>THERAPEUTIC</b> Instructor: James McIntyre 4:45 - 6:30 pm			<b>OPEN</b> Instructor: Karren McMahon 5:00 - 6:30 pm
<b>BEGINNERS</b> Instructor: Kale Leaf 6:30 - 8:15 pm	<b>INTERMEDIATE/ EXPERIENCED</b> Instructor: Kale Leaf 6:30 - 8:15 pm	<b>BEGINNERS</b> Instructor: Kale Leaf 6:30 - 8:15 pm	<b>INTERMEDIATE/ EXPERIENCED</b> Instructor: James McIntyre 6:30 - 8:15 pm			