

# FORMA | APRIL MIND BODY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>QI GONG</b> 4/8 ONLY 8:00am Jacob</p>		<p><b>MINDFUL FLOW</b> 8:00am Loan</p>		<p><b>MINDFUL FLOW</b> 8:00am Loan</p>		
<p><b>BARRE STRENGTH</b> 9:00am Laura</p>	<p><b>BARRE STRENGTH</b> 9:00am Pam</p>	<p><b>CORE PILATES</b> 9:00am Loan</p>	<p><b>BARRE STRENGTH</b> 9:00am Linda</p>	<p><b>CORE PILATES</b> 9:00am Loan</p>	<p><b>CORE X MEDITATION</b> 9:00am Yuki</p>	<p><b>ROLLER FITNESS</b> 9:15am Meg</p>
<p><b>CORE PILATES</b> 10:00am Loan</p>	<p><b>MOBILITY PILATES</b> 10:00am Jessica F.</p>	<p><b>GENTLE YOGA</b> 10:00am Loan</p>	<p><b>MOBILITY PILATES</b> 10:00am Jane</p>	<p><b>OFF THE BARRE</b> 10:00am Riana</p>	<p><b>MINDFUL FLOW</b> 10:00am Jane</p>	<p><b>SUNDAY FLOW YOGA</b> 10:30am (75 min) Rotation</p>
<p><b>GENTLE YOGA</b> 11:00am Loan</p>	<p><b>MINDFUL FLOW</b> 11:00am Linda</p>	<p><b>BARRE STRENGTH</b> 11:00am Jamie</p>	<p><b>MINDFUL FLOW</b> 11:00am Jane</p>	<p><b>GENTLE YOGA</b> 11:00am Claudia</p>	<p><b>OFF THE BARRE</b> 11:00am Jessica P.</p>	
<p><b>BARRE STRENGTH</b> 12:00pm Tamara</p>	<p><b>NEURO PILATES</b> 12:00pm Jessica F.</p>	<p><b>CHAIR YOGA</b> 12:00pm Jane</p>	<p><b>STRENGTHEN &amp; LENGTHEN</b> 12:00pm Jane</p>	<p><b>FRIDAY MIND BODY HUB</b> 12:00am Kelli/Kyla/ Yuki/Jessica F.</p>		
<p><b>BARRE STRENGTH</b> 4:30pm Laura</p>	<p><b>CORE PILATES</b> 4:30pm Meg</p>	<p><b>BARRE STRENGTH</b> 4:30pm Chari</p>	<p><b>CORE PILATES</b> 4:30pm Loan</p>	<p><b>RESTORATIVE RELEASE &amp; BREATHWORK</b> 4:30pm Dorian</p>		
<p><b>MINDFUL FLOW</b> 5:30pm Kelli</p>	<p><b>VINYASA FLOW</b> 5:30pm Loan</p>	<p><b>EMBODIED PILATES</b> 5:30pm Yuki</p>	<p><b>VINYASA FLOW</b> 5:30pm Loan</p>	<p><b>YIN YOGA</b> 5:30pm Pam</p>		<p><b>MINDFUL FLOW</b> 75 6:00pm (75 min) Claudia</p>
<p><b>DEEP STRETCHING &amp; BREATHWORK</b> 6:30pm Amaru</p>	<p><b>GENTLE YOGA</b> 6:30pm Jenny</p>	<p><b>CANDLELIGHT YOGA</b> 6:30pm Yuki</p>	<p><b>GENTLE TO YIN</b> 6:30pm Samantha</p>			

**APRIL FRIDAY MIND BODY HUB**  
**5th - VISUALIZATION LAB**  
**12th - FAMILY CONSTELLATIONS**  
**19th - HYPNOTIC FLOW**  
**26th - NEURO BOOST**

For questions and contact Yuki  
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