



Spirit Mind & Body Schedule- April 28 – June 22



Waltham YMCA Late Spring

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Yoga 6:15-7:15 Muire	Flow Yoga 6:15-7:15 Emilia		Pilates 6:00-7:00 Venessa	Yoga 8:15-9:15 Kathleen
	Yoga 8:00-9:15 Surva		Yoga 8:15-9:15 Kathleen	Yoga 8:00-9:00 Surva	Yoga 8:45am-9:45 Susanne	Yoga 9:30-10:30 Muire
	Yoga 10:00-11:15 Jeanne	NIA 9:00-10:00 Ana	Yoga 10:00-11:15 Jeanne	Pilates 9:00-10:00 Cathy D		
		Pilates 10:00-11:00 Cathy D			Yoga 10:00-11:15 Jeanne	
	Yoga for Athletes 6:00-7:00 Martine	Pilates 4:45-5:45 Cathy D	NIA 5:45-6:45 Ana	Yoga 4:30-5:30 Muire		
		Pink Program 5:45-7:00 Hilda	Pilates 6:45-7:45 Cathy D	Pink Program 5:45-7:00 Hilda	Couples Yoga 7:00-8:00 Lana	
	Yoga 7:30-8:45 Teresa	Yoga 7:00-8:15 Jeanne				

Revised May 1