

# WISC Mind/Body Schedule

## May 2019

	SUN	MON	TUES	WED	THURS	FRI	SAT
9:30 am		Yoga: Gentle Traci	Barre Melissa	Yoga: Vinyasa Traci	Yoga: YFAP Emily	Barre Melissa	Yoga: Vinyasa Nastassia
10:30 am		Yoga: Power Emily				Yoga: Yin Melissa	
afternoon 1:00pm			Guided Meditation Shannon	Yoga: Chair Nastassia			
5:30 pm	(4pm) Yoga: Candlelight Restorative Missy	Yoga: Power Missy	Yoga: YFAP Nastassia	Mat Pilates Shannon	Yoga: Vinyasa Traci		
6:30 pm		Yoga: Gentle Missy					

### YOGA

- Yoga for Athletic Performance  
(½ vinyasa, ½ gentle/stretch)
- Vinyasa Yoga (all levels)
- Power Yoga (advanced)

- Gentle
- Yin Yoga
- Chair
- Kids

### PILATES

- mat
- barre