

FALL

2016

FITREC

YOGA

SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
<p>5³⁰pm-6³⁰pm</p> <p>Yoga Fundamentals <i>ESTEBAN, L126/L128</i></p>	<p>5³⁰pm-6³⁰pm</p> <p>Vinyasa Yoga <i>KARA, L126/128</i></p>	<p>4³⁰pm-5³⁰pm</p> <p>Yoga for Faculty/Staff <i>EVALYN, L137</i></p>	<p>5³⁰pm-6³⁰pm</p> <p>Power Yoga <i>SHARON, L126/128</i></p>	<p>12pm-1pm</p> <p>Yoga for Faculty/Staff <i>EVALYN, L126/128</i> SEPT 23 – DEC 16</p>	<p>9am-10am</p> <p>Ashtanga Yoga, Beginning <i>SHARON, L126</i></p>
<p>6³⁰pm-7³⁰pm</p> <p>Vinyasa Yoga <i>ESTEBAN, L126/L128</i></p>	<p>6³⁰pm-7³⁰pm</p> <p>Core Intensive Vinyasa Yoga <i>KARA, L126/128</i></p>	<p>5³⁰pm-6³⁰pm</p> <p>Yoga Barre <i>RAMELLE, L126/128</i></p>	<p>6³⁰pm-7⁴⁵pm</p> <p>Gentle Yoga and Meditation <i>SHARON, L126/128</i></p>		<p>10am-11am</p> <p>Yoga Fundamentals <i>SHARON, L126</i></p>
		<p>6³⁰pm-7³⁰pm</p> <p>Deep Stretch Yoga <i>RAMELLE, L126/L128</i></p>			

SEPTEMBER 19 – DECEMBER 3



Fitness & Recreation Center