

WEST SIDE Y MIND BODY STUDIO **FALL 2021**

MON

TUES


WED

THURS

FRI

SAT

SUN

<p>6:30AM-10:00AM OPEN STUDIO</p>	<p>6:30AM-8:30PM OPEN STUDIO</p>	<p>6:30AM-8:30PM OPEN STUDIO</p>	<p>6:30AM-6:15PM OPEN STUDIO</p>	<p>6:30AM-8:30PM OPEN STUDIO</p>	<p>8:00AM-11:00AM OPEN STUDIO</p>	<p>8:00AM-3:00PM OPEN STUDIO</p>	
<p>10:00AM-11:00AM HATHA YOGA with Jorge</p>		<p>10:00AM-11:00AM AOA CARDIO & STRENGTH TRAINING with Alexandra</p>			<p>6:00PM-7:00PM VINYASA YOGA with Jorge</p>		<p>11:15AM-3:00PM YOUTH KARATE Paid Programming. Please see membership for info.</p>
<p>11:00AM-1:00PM Closed for Virtual Class</p>		<p>11:00AM-7:00PM OPEN STUDIO</p>			<p>7:00PM-8:00PM ZUMBA with Bobby</p>		<ul style="list-style-type: none"> • All Group Ex classes are included with membership. • Bring a towel, water bottle, and any other equipment you need • Please follow our Code of Conduct. 
<p>1:00PM-8:00PM OPEN STUDIO</p>	<p>7:15PM-8:30PM OPEN STUDIO</p>						