



Wellness & Yoga Studio Schedule
 Naik Family Branch YMCA
 July 5th - August 20th

1 Harry Austin Drive
 Mystic, CT 06355
 (860) 536-3575

	MON	TUE	WED	THU	FRI	SAT	SUN
7am			Pilates Yoga Studio Kyla A 7am - 7:45am				Body Sculpt Wellness Studio Kyla A 7am - 7:45am
8am						Vinyasa Flow Yoga Studio Jasmine F 8am - 9am	
9am	Barre Wellness Studio Stacey O 9:15am - 10am	Gentle Yoga Yoga Studio Janice F 9:15am - 10:15am	Step Wellness Studio Marion D 9:15am - 10:15am	Stretch Yoga Studio Anna G 9:15am - 10am		TRX Circuit Wellness Studio Sandy W 9:15am - 10am	Vinyasa Yoga Yoga Studio Emma . 9:15am - 10:15am
10am	Stretch & Core Yoga Studio Gerry M 10:15am - 11am						
5pm	Baptiste Yoga Yoga Studio Annie C 5:30pm - 6:45pm			Basic Yoga Yoga Studio Jasmine F 5:30pm - 6:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.