



# Animas Class Schedule

All classes are 50 minutes unless otherwise specified.

November 28, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00			Pilates Mat Lisa F			Pilates Mat Becca	
8:00		Stretch Joan		freeFORM Jeni S		freeFORM Jeni S	
8:30	Yoga Shalmali		Yoga 1.25 hrs Shalmali		Yoga Level 2 1.5 hrs Shalmali		
9:00	<del>9:30</del> Nia Avia	Pilates Mat Julia		Pilates Mat Patty		Stretch Jeni S	
10:00		Ballet 1.5 hrs Matt	Nia Avia	Special Needs Dance Animas Staff	Nia Avia	Ballet 1.5 hrs Matt	<del>10:30</del> Pilates Mat Elayne
11:30						Pointe Ballet Susan	
12:30			Qigong 1.25 hrs Barbara E-L	Stretch Jeni S			<del>12:45</del> Ballet Technique Cara
1:30	Postural Fitness Nancee	Flamenco Level 1 Barbara S		Postural Fitness Nancee			<del>2:00</del> Slow Flow 1.25 hrs Cara
3:00	<del>2:30</del> T'ai Ji Gary		<del>3:45</del> Yin Yoga Cara	Flamenco Level 2 Barbara S			
4:30							
5:30	Ballet Susan						
6:00		Ballet 1.5 hrs Matt	Vinyasa Flow 1.25 hrs Lisa T	Nia Avia			

**ADVANCED SIGN UP REQUIRED. SIGN UP OR CANCEL AT LEAST 24 HOURS AHEAD. MINIMUM ATTENDANCE REQUIRED OR CLASSES WILL BE CANCELLED.**

5575 E. River Road, Suite 121

www.Animascenter.com  
<https://www.facebook.com/animascenter/>

520.989.0766