



# Animas Class Schedule

All classes are 50 minutes unless otherwise specified.

January 29, 2020

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

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

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