



DOYLESTOWN

CLASS SCHEDULE

MONDAY

Gentle Aqua Aerobics with Liz: 8-8:45 PM (WP)

Hatha Yoga with Sandy: 8:30-9:30 AM (Studio 1)

Pilates with Tara: 9-9:45 AM (Studio 3)

Vinyasa Yoga with Maggie: 7-8 PM (Studio 1)

TUESDAY

Aqua Yoga / Ai Chi with Sandy: 8-8:45 AM (WP)

Vinyasa Yoga with Yuki: 10-11 AM (Studio 1)

Stretch and Balance with Saralyn: 12:15-1 PM (Studio 2)

WEDNESDAY

Hatha Yoga with Sandy: 8:30-9:30 AM (Studio 1)

Vinyasa Yoga with Eric: 7-8 PM (Studio 2)

THURSDAY

Aqua Yoga / Ai Chi with Sandy: 8-8:45 AM (WP)

Vinyasa Yoga with Yuki: 10-11 AM (Studio 1)

FRIDAY

Aqua Yoga / Ai Chi with Sandy: 8-8:45 AM (WP)

Vinyasa Yoga with Yuki: 10-11 AM (Studio 1)