

# **Mind Body Schedule Change**

## **Effective Jan 22nd 2018**

***\*Wed 8:30am Unheated Barre will move to 9:15am  
with Kristine***

***\*Wed 9:30am Moderate yoga will move to 10:30am  
with Rachel***

***\*Thursday 6:30pm Vinyasa yoga will change to Heated  
Barre with Devon***

***\*Friday 9:15am Moderate Yoga will move to 10:30am  
with MJ***

***\*Friday 10:30am Barre-Dio will move to 9:15am with  
Leah***

***\*Saturday 8:30am Power Yoga will move to 8:45am-  
10:00am with Margo***

