

MAC GROUP EXERCISE SCHEDULE – JUNE 2010

MIND & BODY

WEEK 1

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY3	FRIDAY4	SATURDAY5	SUNDAY6
		9: 30 AM PRENATAL.YOGA <i>Deborah</i>				
10:30 AM FITNESSYOGA	10:30AM PILATES <i>Sandi</i>	10:30 AM FITNESS YOGA <i>Laurie</i>		10:30 AM PILATES <i>Michelle</i>		
	12:00 PM TAI CHI <i>Jack</i>	11:30 AM FITNESS YOGA ??	11:30 AM YOGALAX <i>Sandi</i>	2:00 PM TAI CHI <i>Jack</i>		
4:30 PM GENTLE YOGA		4:30 PM YIN YOGA <i>Linda</i>				4:00 PM GENTLEYOGA <i>Jayne</i>
5:30 PM PILATES	5:30 PM FITNESS.YOGA ??	5:30 PM PILATES <i>Sandi</i>	5:30 PM FITNESS.YOGA ??			
6:30 PM INTERMDYOGA		6:30 PM INTERMDYOGA <i>Jayne</i>				

WEEK 2

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY10	FRIDAY 11	SATURDAY12	SUNDAY13
		9: 30 AM PRENATALYOGA <i>Deborah</i>				
10:30 AM FITNESSYOGA <i>Deborah</i>	10:30AM PILATES <i>Sandi</i>	10:30 AM FITNESS YOGA <i>Laurie</i>		10:30 AM PILATES <i>Michelle</i>		
	12:00 PM TAI CHI <i>Jack</i>	11:30 AM FITNESS YOGA ??	11:30 AM YOGALAX <i>Sandi</i>	2:00 PM TAI CHI <i>Jack</i>		
4:30 PM GENTLE YOGA <i>Sandi</i>		4:30 PM YIN YOGA <i>Linda</i>				4:00 PM GENTLE.YOGA <i>Arthur</i>
5:30 PM PILATES <i>Sandi</i>	5:30 PM FITNESS.YOGA <i>Debbie</i>	5:30 PM PILATES <i>Sandi</i>	5:30 PM FITNESS.YOGA ??			
6:30 PM INTERMDYOGA <i>Arthur</i>		6:30 PM INTERMDYOGA <i>Arthur</i>				

WEEK 3

MONDAY 14	TUESDAY 15	WEDNESDAY16	THURSDAY17	FRIDAY18	SATURDAY19	SUNDAY20
		9: 30 AM PRENATAL.YOGA <i>Deborah</i>				
10:30 AM FITNESSYOGA <i>Lise</i>	10:30AM PILATES <i>Sandi</i>	10:30 AM FITNESS YOGA <i>Laurie</i>		10:30 AM PILATES <i>Patricia</i>		
	12:00 PM TAI CHI <i>Jack</i>	11:30 AM FITNESS YOGA ??	11:30 AM YOGALAX <i>Lise</i>	2:00 PM TAI CHI <i>Jack</i>		
4:30 PM GENTLE YOGA <i>Jayne</i>		4:30 PM YIN YOGA <i>Linda</i>				4:00 PM GENTLE.YOGA <i>Deborah</i>
5:30 PM PILATES <i>Sandi</i>	5:30 PM FITNESS.YOGA <i>Arthur??</i>	5:30 PM PILATES <i>Sandi</i>	5:30 PM FITNESS.YOGA <i>Sandi</i>			
6:30 PM INTERMDYOGA <i>Arthur</i>		6:30 PM INTERMDYOGA <i>Jayne</i>				

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WEEK 4

MONDAY21	TUESDAY 22	WEDNESDAY 23	THURSDAY24	FRIDAY25	SATURDAY26	SUNDAY27
		9: 30 AM PRENATAL.YOGA <i>Deborah</i>				
10:30 AM FITNESSYOGA <i>Lise</i>	10:30AM PILATES <i>Sandi</i>	10:30 AM FITNESS YOGA <i>Laurie</i>		10:30 AM PILATES <i>Michelle</i>		
	12:00 PM TAI CHI <i>Jack</i>	11:30 AM FITNESS YOGA <i>Sandi</i>	11:30 AM YOGALAX <i>Sandi</i>	2:00 PM TAI CHI <i>Jack</i>		
4:30 PM GENTLE YOGA <i>Jayne</i>		4:30 PM YIN YOGA <i>Linda</i>				4:00 PM GENTLE.YOGA <i>Jayne</i>
5:30 PM PILATES ??	5:30 PM FITNESSYOGA ??	5:30 PM PILATES <i>Sandi</i>	5:30 PM FITNESS.YOGA <i>Jayne</i>			
6:30 PM INTERMDYOGA <i>Jayne</i>		6:30 PM INTERMDYOGA <i>Arthur</i>				

WEEK 5

MONDAY 28	TUESDAY 29	WEDNESDAY30	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9: 30 AM PRENATALYOGA <i>Deborah</i>				
10:30 AM FITNESSYOGA <i>Deborah</i>	10:30AM PILATES <i>Sandi</i>	10:30 AM FITNESS YOGA <i>Laurie</i>		10:30 AM PILATES		
	12:00 PM TAI CHI <i>Jack</i>	11:30 AM FITNESS YOGA ??	11:30 AM YOGALAX	2:00 PM TAI CHI		
4:30 PM GENTLE YOGA <i>Lise</i>		4:30 PM YIN YOGA <i>Linda</i>				4:00 PM GENTLE.YOGA
5:30 PM PILATES <i>Sandi</i>	5:30 PM FITNESS.YOGA <i>Arthur?</i>	5:30 PM PILATES <i>Sandi</i>	5:30 PM FITNESS.YOGA			
6:30 PM INTERMDYOGA <i>Jayne</i>		6:30 PM INTERMDYOGA <i>Arthur</i>				