

MAC GROUP EXERCISE SCHEDULE

MIND & BODY

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:30 AM PRENATAL YOGA				
10:30 AM FITNESSYOGA	10:30AM PILATES	10:30 AM FITNESS YOGA		10:30 AM PILATES		11:00AM PILATES ON BALL
	12:00 PM TAI CHI	11:30 AM FITNESS YOGA	11:30 AM YOGALAX	2:00 PM TAI CHI		
4:30 PM GENTLE YOGA		4:30 PM YIN YOGA				4:00 PM GENTLE YOGA
5:30 PM PILATES	5:30 PM FITNESS YOGA	5:30 PM PILATES	5:30 PM FITNESS YOGA			
6:30 PM INTERMDYOGA		6:30 PM INTERMDYOGA				

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:30 AM PRENATAL YOGA				
10:30 AM FITNESSYOGA	10:30AM PILATES	10:30 AM FITNESS YOGA		10:30 AM PILATES		11:00AM PILATES ON BALL
	12:00 PM TAI CHI	11:30 AM FITNESS YOGA	11:30 AM YOGALAX	2:00 PM TAI CHI		
4:30 PM GENTLE YOGA		4:30 PM YIN YOGA				4:00 PM GENTLE YOGA
5:30 PM PILATES	5:30 PM FITNESS YOGA	5:30 PM PILATES	5:30 PM FITNESS YOGA			
6:30 PM INTERMDYOGA		6:30 PM INTERMDYOGA				

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:30 AM PRENATAL YOGA				
10:30 AM FITNESSYOGA	10:30AM PILATES	10:30 AM FITNESS YOGA		10:30 AM PILATES		11:00AM PILATES ON BALL
	12:00 PM TAI CHI	11:30 AM FITNESS YOGA	11:30 AM YOGALAX	2:00 PM TAI CHI		
4:30 PM GENTLE YOGA		4:30 PM YIN YOGA				4:00 PM GENTLE YOGA
5:30 PM PILATES	5:30 PM FITNESS YOGA	5:30 PM PILATES	5:30 PM FITNESS YOGA			
6:30 PM INTERMDYOGA		6:30 PM INTERMDYOGA				

MAC GROUP EXERCISE SCHEDULE

MIND AND BODY

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9: 30 AM PRENATAL YOGA				
10:30 AM FITNESSYOGA	10:30AM PILATES	10:30 AM FITNESS YOGA		10:30 AM PILATES		11:00AM PILATES ON BALL
	12:00 PM TAI CHI	11:30 AM FITNESS YOGA	11:30 AM YOGALAX	2:00 PM TAI CHI		
4:30 PM GENTLE YOGA		4:30 PM YIN YOGA				4:00 PM GENTLE YOGA
5:30 PM PILATES	5:30 PM FITNESS YOGA	5:30 PM PILATES	5:30 PM FITNESS YOGA			
6:30 PM INTERMDYOGA		6:30 PM INTERMDYOGA				

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9: 30 AM PRENATAL YOGA				
10:30 AM FITNESSYOGA	10:30AM PILATES	10:30 AM FITNESS YOGA		10:30 AM PILATES		11:00AM PILATES ON BALL
	12:00 PM TAI CHI	11:30 AM FITNESS YOGA	11:30 AM YOGALAX	2:00 PM TAI CHI		
4:30 PM GENTLE YOGA		4:30 PM YIN YOGA				4:00 PM GENTLE YOGA
5:30 PM PILATES	5:30 PM FITNESS YOGA	5:30 PM PILATES	5:30 PM FITNESS YOGA			
6:30 PM INTERMDYOGA		6:30 PM INTERMDYOGA				