

**CLASS FEE PAYMENTS of \$5 ARE MADE VIA PREPAID CARDS OR PERSONAL CHECK ONLY. CASH IS NOT ACCEPTED.**

SUN CITY WEST YOGA CLUB IN-STUDIO WEEKLY SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30 AM - 9:30 AM</b>	<b>8:30 AM - 9:30 AM</b>	<b>8:30 AM - 9:30 AM</b>	<b>8:30 AM - 9:30 AM</b>	<b>8:30 AM - 9:30 AM</b>	<b>9:30 AM - 10:30 AM</b>
<a href="#">Pilates Stretch</a> Novice / Beginner Suzanne Stowell	<a href="#">Mat Yoga</a> Beginner / Intermediate Renee Pruitt	<a href="#">Pilates</a> All Levels Suzanne Stowell	<a href="#">Taoist Yoga</a> All Levels Charlie Gill	<a href="#">Pilates</a> All Levels Suzanne Stowell	<a href="#">Chair Yoga</a> All Levels Peaches Sloan
<b>10:00 AM - 11:00 am</b>	<b>10:00 AM - 11:00 AM</b>	<b>10:00 AM - 11:00 AM</b>	<b>10:30 AM - 11:30 AM</b>	<b>10:00 AM - 11:00 AM</b>	<b>11:00 AM - 12:00 PM</b>
<a href="#">Mat Yoga</a> Intermediate Renee Pruitt	<a href="#">Chair Yoga</a> Beginner Renee Pruitt	<a href="#">Yoga FUN-damentals/Iyengar</a> Beginner Bonita Smulski-Bizeau	<a href="#">Mat Yoga</a> Advanced Beginner/ Intermediate Chris Cavaletto	<a href="#">Mat Yoga</a> Intermediate Renee Pruitt	<a href="#">Chair Yoga</a> All Levels Peaches Sloan
<b>12:00 PM - 1:00 PM</b>	<b>11:30 AM - 12:30 PM</b>	<b>12:00 PM - 1:00 PM</b>	<b>12:00 PM - 1:00 PM</b>	<b>11:30 AM - 12:30 PM</b>	
<a href="#">Yoga Stretch</a> All Levels Chris Cavaletto	<a href="#">Mat Yoga</a> Beginner Basics Renee Pruitt	<a href="#">Yoga Stretch &amp; Roll</a> All Levels Chris Cavaletto	<a href="#">Yoga Stretch</a> All Levels Chris Cavaletto	<a href="#">Chair Yoga</a> Beginner Renee Pruitt	
<b>1:30 PM - 2:30 PM</b>	<b>1:00 PM - 2:30 PM</b>	<b>1:30 PM - 2:30 PM</b>	<b>1:30 PM - 2:30 PM</b>	<b>1:00 PM - 2:30 PM</b>	
<a href="#">Yoga as Therapy</a> All Levels Emily Slonina	<a href="#">Iyengar Yoga</a> All Levels Bonita Smulski-Bizeau	<a href="#">Chair Yoga</a> All Levels Peaches Sloan	<a href="#">PWR!Moves</a> All Levels Chris Cavaletto <b>Class starts January 9</b>	<a href="#">Iyengar Yoga</a> Intermediate Bonita Smulski-Bizeau	
			<b>3:00 PM - 4:00 PM</b>		
			<a href="#">Living Well Movement</a> All Levels Leann Thrapp <b>Class starts January 9</b>		

All classes are held in the Yoga Studio in the Beardsley Recreation Center, Arts & Crafts Center