

**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 <b>Cancelled May 12-Oct</b> <b>Resumes Nov 3rd</b>	<a href="#">Mat Yoga</a> Beginner / Intermediate Renee Pruitt	<a href="#">Pilates</a> All Levels Suzanne Stowell <b>Sub: Chris Cavaletto</b> <b>May 14-Oct 29</b>	<a href="#">Taoist Yoga</a> All Levels Charlie Gill <b>Cancelled July-Sep</b> <b>Resumes Oct 2</b>	<a href="#">Pilates</a> All Levels Suzanne Stowell <b>Sub: Chris Cavaletto</b> <b>May 16-Oct 31</b>	<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 <b>Sub: Pam Brown until May 28</b> <b>Cancelled June-Oct</b> <b>Resumes Nov 5</b>	<a href="#">Yoga Flow</a> Advanced Beginner/ Intermediate Chris Cavaletto	<a href="#">Mat Yoga</a> Intermediate Renee Pruitt	<a href="#">Chair Yoga</a> All Levels Peaches Sloan
		<b>10:00 AM - 11:00 AM</b>			
		<a href="#">Yin Yoga</a> All Levels Chris Cavaletto <b>June 4 - Oct 29</b>			
<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 <b>Sub: Pam Brown until May 27</b> <b>Cancelled June-Oct</b> <b>Resumes Nov 4</b>	<a href="#">Chair Yoga</a> All Levels Peaches Sloan	<a href="#">PWR!Moves</a> All Levels Chris Cavaletto	<a href="#">Iyengar Yoga</a> Intermediate Bonita Smulski-Bizeau <b>Sub: Pam Brown until May 23</b> <b>Cancelled May 30-Oct</b> <b>Resumes Nov 7</b>	
	<b>1:30 - 2:30 PM</b>	<b>3:00 PM - 4:00 PM</b>	<b>3:00 PM - 4:00 PM</b>		
	<a href="#">Gentle Yoga</a> All Levels Evon Rubenstein <b>June 3 - Oct 28</b>	<a href="#">Chair Yoga</a> All Levels Peaches Sloan <b>Cancelled May-Resume TBD</b>	<a href="#">Living Well Movement</a> All Levels Leann Thrapp <b>For June-Aug,</b> <b>in-studio classes only on</b> <b>Jun 26, Jul 24, and Aug 28</b>		

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