

CLASS FEE PAYMENTS 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
8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	9:00 AM - 10:00 AM	8:30 AM - 9:30 AM	9:30 AM - 10:30 AM
Pilates Stretch Novice / Beginner Suzanne Stowell	Mat Yoga Beginner / Intermediate Renee Pruitt	Pilates All Levels Suzanne Stowell	Mat Yoga Intermediate / Advanced Chris Cavaletto	Pilates All Levels Suzanne Stowell	Chair Yoga All Levels Peaches Sloan
10:00 AM - 11:00 am	10:00 AM - 11:00 AM	10:00 AM - 11:00 AM	10:30 AM - 11:30 AM	10:00 AM - 11:00 AM	11:00 AM - 12:00 PM
Mat Yoga Intermediate Renee Pruitt	Chair Yoga Beginner Renee Pruitt	Yoga FUN-damentals/Iyengar Beginner Bonita Smulski-Bizeau Beginning 2/7/2024	Mat Yoga Flow Beginner Chris Cavaletto	Mat Yoga Intermediate Renee Pruitt	Chair Yoga All Levels Peaches Sloan
12:00 PM - 1:00 PM	11:30 AM - 12:30 PM	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM	11:30 AM - 12:30 PM	
Yoga Stretch All Levels Chris Cavaletto	Mat Yoga Beginner Basics Renee Pruitt	Yoga Stretch & Roll All Levels Chris Cavaletto	Yoga Stretch All Levels Chris Cavaletto	Chair Yoga Beginner Renee Pruitt	
1:30 PM - 2:30 PM	1:00 PM - 2:30 PM	1:30 PM - 2:30 PM		1:00 PM - 2:30 PM	
Yoga as Therapy All Levels Emily Slonina	 Iyengar Yoga All Levels Bonita Smulski-Bizeau Beginning 2/6/2024	Chair Yoga All Levels Peaches Sloan		Iyengar Yoga Intermediate Bonita Smulski-Bizeau Beginning 2/9/2024	
				1:30 PM - 2:30 PM	
				Yoga FUN-damentals/Iyengar Beginner Bonita Smulski-Bizeau Class Day/Time Changing in Feb	
				3:00 PM - 4:30 PM	
				Iyengar Yoga Intermediate Bonita Smulski-Bizeau Class Time Changing in Feb	

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