

**PAYMENT 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>9:30 AM - 10:30 AM</b>
<a href="#">Power Hour Flow - \$5</a> Intermediate / Advanced Teri Undreiner	<a href="#">Mat Yoga - \$5</a> Beginner / Intermediate Renee Pruitt				<a href="#">Chair Yoga - \$5</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>10:00 AM - 11:00 AM</b>	<b>10:00 AM - 11:00 AM</b>	<b>11:00 AM - 12:00 PM</b>
<a href="#">Mat Yoga - \$5</a> Intermediate Renee Pruitt	<a href="#">Chair Yoga - \$5</a> Beginner Renee Pruitt	<a href="#">Yoga Nidra - \$5</a> <u>June 8, July 6, August 3 ONLY</u> All Levels Marcie Edmunds	<a href="#">Mat Yoga - \$5</a> Beginner / Intermediate Chris Cavaletto	<a href="#">Mat Yoga - \$5</a> Intermediate Renee Pruitt	<a href="#">Chair Yoga - \$5</a> All Levels Peaches Sloan
<b>12:00 PM - 1:00 PM</b>		<b>10:00 AM - 11:00 AM</b>	<b>11:30 AM - 12:30 PM</b>		
<a href="#">Yoga Stretch - \$5</a> All Levels Chris Cavaletto		Slow Flow - \$5 All Levels Marcie Edmunds	<a href="#">Yoga Stretch - \$5</a> All Levels Chris Cavaletto		
		<b>12:00 PM - 1:00 PM</b>			
		<a href="#">Yoga Stretch &amp; Roll - \$5</a> All Levels Chris Cavaletto			
		<b>1:30 PM - 2:30 PM</b>			
		<a href="#">Chair Yoga - \$5</a> All Levels Peaches Sloan			
	<b>5:00 PM - 6:00 PM</b>				
	<a href="#">Yoga as Therapy - \$5</a> All Levels Emily Slonina				
<b>Karaoke Club</b> <b>5:00 PM - 9:00 PM</b>				<b>Karaoke Club</b> <b>5:00 PM - 9:00 PM</b>	

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