

**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
<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>9:00 AM - 10:00 AM</b>	<b>8:30 AM - 9:30 AM</b>	<b>9:30 AM - 10:30 AM</b>
<a href="#">Pilates Stretch - \$5</a> Novice / Beginner Suzanne Stowell	<a href="#">Mat Yoga - \$5</a> Beginner / Intermediate Renee Pruitt	<a href="#">Pilates - \$5</a> All Levels Suzanne Stowell	<a href="#">Mat Yoga - \$5</a> Intermediate / Advanced Chris Cavaletto <b>Suspended Until October</b>	<a href="#">Pilates - \$5</a> All Levels Suzanne Stowell	<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>10:30 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 - \$5</a> Intermediate Renee Pruitt	<a href="#">Chair Yoga - \$5</a> Beginner Renee Pruitt	<a href="#">Pilates Level 1 - \$5</a> Novice / Beginner Suzanne Stowell	<a href="#">Mat Yoga Flow - \$5</a> All Levels 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>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 - \$5</a> All Levels Chris Cavaletto	<a href="#">Mat Yoga - \$5</a> Beginner Basics Renee Pruitt	<a href="#">Yoga Stretch &amp; Roll - \$5</a> All Levels Chris Cavaletto	<a href="#">Yoga Stretch - \$5</a> All Levels Chris Cavaletto	<a href="#">Chair Yoga - \$5</a> Beginner Renee Pruitt	
<b>1:30 PM - 2:30 PM</b>		<b>1:30 PM - 2:30 PM</b>		<b>1:30 PM - 2:30 PM</b>	
<a href="#">Yoga as Therapy - \$5</a> All Levels Emily Slonina		<a href="#">Chair Yoga - \$5</a> All Levels Peaches Sloan		<a href="#">Yoga FUN-damentals/Iyengar</a> Beginner Bonita Smulski-Bizeau <b>Starts November 3rd</b>	
				<b>3:00 PM - 4:30 PM</b>	
				<a href="#">Iyengar Yoga</a> Intermediate <b>Starts November 3rd</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