

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	8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	9:30 AM - 10:30 AM
Pilates Stretch Novice / Beginner Suzanne Stowell Cancelled May 12-Oct Resumes Nov 3rd	Mat Yoga Beginner / Intermediate Renee Pruitt	Pilates All Levels Suzanne Stowell Sub: Chris Cavaletto May 14-Oct 29	Taoist Yoga All Levels Charlie Gill Cancelled July-Sep Resumes Oct 2	Pilates All Levels Suzanne Stowell Sub: Chris Cavaletto May 16-Oct 31	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 Cancelled May-Oct Resumes Nov 5	Yoga Flow Advanced Beginner/ Intermediate Chris Cavaletto	Mat Yoga Intermediate Renee Pruitt	Chair Yoga All Levels Peaches Sloan
		10:00 AM - 11:00 AM			
		Yin Yoga All Levels Chris Cavaletto June 4 - Oct 29			
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	1:30 PM - 2:30 PM	1:00 PM - 2:30 PM	
Yoga as Therapy All Levels Emily Slonina	Iyengar Yoga All Levels Bonita Smulski-Bizeau Cancelled May-Oct Resumes Nov 4	Chair Yoga All Levels Peaches Sloan	PWR!Moves All Levels Chris Cavaletto	Iyengar Yoga Intermediate Bonita Smulski-Bizeau Cancelled May-Oct Resumes Nov 7	
	1:30 - 2:30 PM	3:00 PM - 4:00 PM	3:00 PM - 4:00 PM		
	Gentle Yoga All Levels Evon Rubenstein June 3 - Oct 28	Chair Yoga All Levels Peaches Sloan Cancelled May-Resume TBD	Living Well Movement All Levels Leann Thrapp For June-Aug, in-studio classes only on Jun 26, Jul 24, and Aug 28		

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