

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
	Mat Yoga Beginner / Intermediate Renee Pruitt	Pilates All Levels Suzanne Stowell Sub: Chris Cavaletto		Pilates All Levels Suzanne Stowell Sub: Chris Cavaletto	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 All Levels Renee Pruitt			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 All Levels 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		Chair Yoga All Levels Peaches Sloan	PWR!Moves All Levels Chris Cavaletto		
	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		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

