



TIH WELLNESS CLASSES

MONDAY

7:00 - 8:00am	SUN SALUTATIONS	antonio weech
5:00 - 6:30pm	STAFF YOGA	mychal bryan
6:00 - 6:50pm	STRENGTH & CONDITIONING*	jimmy mackey
6:30 - 7:30pm	IYENGAR YOGA	mychal bryan

TUESDAY

9:00 - 10:15am	IYENGAR YOGA	mychal bryan
6:00 - 7:00pm	YIN YOGA	janine carey

WEDNESDAY

7:00 - 8:00am	ANTIGRAVITY	janine carey <i>(sleeves required)</i>
5:00 - 6:30pm	STAFF YOGA	mychal bryan
6:00 - 6:50pm	STRENGTH & CONDITIONING*	jimmy mackey
6:30 - 7:30pm	IYENGAR YOGA	mychal bryan

THURSDAY

8:00 - 9:00am	BARRE	britni knowles
9:00 - 10:15am	IYENGAR YOGA	mychal bryan
6:00 - 6:50pm	STRENGTH & CONDITIONING*	jimmy mackey
6:00 - 7:00pm	ACTIVE STRETCHING	janine carey

FRIDAY

7:00 - 8:00am	ACTIVE STRETCHING	antonio weech
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SATURDAY

8:00 - 9:00am	ANTIGRAVITY	janine carey <i>(sleeves required)</i>
9:30 - 10:30am	IYENGAR YOGA	mychal bryan

SUNDAY

9:30 - 10:30am	YOGA MEDITATION	antonio weech
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*takes place in gym