



TIH WELLNESS CLASSES

MONDAY

6:30 - 7:30am	SWIM FIT	blue swim
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 - 10:00am	IYENGAR YOGA	mychal bryan
6:00 - 7:00pm	YIN YOGA	jeanne hall

WEDNESDAY

6:30 - 7:30am	SWIM FIT	blue swim
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 - 10:00am	IYENGAR YOGA	mychal bryan
6:00 - 6:50pm	STRENGTH & CONDITIONING*	jimmy mackey

FRIDAY

7:00 - 8:00am	ACTIVE STRETCHING	antonio weech
9:00 - 10:00am	VINYASA FLOW	jeanne hall

SATURDAY

9:30 - 10:30am	IYENGAR YOGA	mychal bryan
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SUNDAY

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