



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MIND, BODY, SPIRIT CLASS SCHEDULE ANKENY

MAY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Active Adult- Yoga 9:00- 9:40 am MPR		Pilates 9:15-10:00 am		
Yoga 10:05- 11:00 am	Pilates 10:15- 11:10 am	Yoga 10:05- 11:00 am			Pilates 10:00- 10:50 am	
	Tai Chi 5:05- 5:55 pm MPR					
	Yoga 7:05-8:00 pm	Pilates 7:05-8:00 pm	Yoga 7:05-8:00 pm			
Pilates 7:35-8:05 pm						