

Yoga for Mankind
 Yoga and Pilates Studio
 130 North Broadway, Suite B
 Phone: (805) 680-6542

<u>Monday</u>		
Corlis	9:00-10:30am	Hatha Yoga – All Levels
Vicki	5:30-6:30pm	Stretch & Strength Yoga
Becky	7:00-8:00pm	Fundamental Pilates
<u>Tuesday</u>		
Becky	6:30-7:30am	Fundamental Pilates
Courtney	9:30-10:30am	Gentle Yoga Flow
Vicki	4:45-5:40pm	Beginning Yoga or +50
Vicki	5:45-6:45pm	Pilates with Props
<u>Wednesday</u>		
Karen	6:30-7:30am	Sunrise Yoga 4 All
Corlis	9:00-10:30am	Hatha Yoga -All Levels
Vicki	5:30-6:30pm	Stretch & Strength Yoga
Becky	7:00-8:00pm	Basic Yoga
<u>Thursday</u>		
Becky	6:30-7:30am	Basic Yoga
Courtney	9:30-10:30am	Gentle Yoga flow
Vicki	4:45-5:40pm	Beginning Pilates or +50
Vicki	5:45-6:45pm	Pilates with Props
<u>Friday</u>		
Karen	6:30-7:30am	Sunrise Yoga 4 All
Vicki	4:45-5:45pm	Beginning Yoga or 50+
Vicki	6:00-7:00pm	Restorative Yoga
<u>Saturday</u>		
Vicki	9:00-10:15am	Stretch & Strength Yoga
Vicki	10:30-11:30	Fundamental Pilates