

**RIVER OF LIFE FITNESS CENTER SCHEDULE  
EFFECTIVE 5/28/2008**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
8:15-9:15 a.m. Kundalini Yoga (MJ)				8:15-9:15 a.m. Kundalini Yoga (MJ)	9:45-10:45 a.m. Tai Chi, Beginners (Pre-registration) (Lisa)	9-10 a.m. Meditation Class (Dan)
8:15-9 a.m. Body Sculpting (Rick)	9:15-10:15 a.m. Pilates (Sheryl)	8:15-9 a.m. Body Sculpting (Rick)	9:15-10:15 a.m. Pilates (Sheryl)	8:15-9 a.m. Body Sculpting (Rick)	10-11 a.m. Women's Self- Defense (Pre-registration) (Sensei)	
		9-10 a.m. Hatha Yoga (Mary D)			10-11 a.m. Hatha Yoga (Mary D)	
10-11 a.m. Hatha Yoga (Mary D)		10:15-11:15 a.m. Mom & Baby Yoga (Pre-registration) (Mary D)			11-12 p.m. Tai Chi, Intermediate (Lisa)	
5:30-6:30 p.m. Women's Self-Defense (Pre- registration) (Sensei)	5:30-6:30 p.m. Pilates (Sheryl)		5:30-6:30 p.m. Pilates (Sheryl)			
	7:15-8:30 p.m. Hatha Yoga (Mary D)		6:30-7:30 p.m. Kundalini Yoga (MJ)			