



Fitness Classes

River of Life Martial Arts & Wellness Center

Schedule Effective 9/2/2008



River of Life Martial Arts & Wellness Center

321 Morris Rd
Fort Washington, PA 19034

Phone:
215-542-0102

Website:
www.RiverOfLifeCenter.net

E-mail:
RiverOfLife21@comcast.net

Kundalini Yoga: Mondays, 8:15 to 9:15 a.m.

Hatha Yoga: Mondays, 10 to 11 a.m.

Tuesdays, 7:15 to 8:30 p.m.

Wednesdays, 9 to 10 a.m.

Saturdays, 10:15 to 11:15 a.m.

Body Sculpting: Mon, Weds, Fri 8:15 to 9 a.m.

Pilates: Tues and Thurs 5:30 to 6:30 p.m.

Tai Chi: Saturdays, 11 a.m. to noon

Zen Meditation: Sundays, 9 to 10:30 a.m.