



# YOUTH AND FAMILY WELLNESS STUDIO

## SEPTEMBER - DECEMBER 2016

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30			Meditation 8:15-9:00/Cindy				
9:00							
9:30	<b>NEW</b> Barre 9:15-10:15/Mikayla						
10:00		Family Yoga 9:45-10:45/Heather				Family Yoga 9:45-10:45/Rebecca	Karate* 9:15-11:00
10:30							
11:00							
11:30							
12:00							
12:30							
1:00		Tai Chi 1:00-2:00/Barbara		Tai Chi 1:00-2:00/Barbara		Movement for Better Balance 1:00-2:00/Barbara	
1:30							
2:00							
2:30							
3:00			Gymnastics* Ages 3-5 4:00-4:45				
3:30							
4:00		Karate* Ages 5-9 5:00-5:45	Gymnastics* Ages 5-7 4:45-5:30	Karate* Ages 5-9 5:00-5:45	Gymnastics* Ages 7-10 4:30-5:30		
4:30							
5:00							
5:30		Karate* Ages 9-15 5:45-6:15	Tae Kwon Do* Ages 5-8 5:45-6:30	Karate* Ages 9-15 5:45-6:15	Tae Kwon Do* Ages 5-8 5:45-6:30		
6:00							
6:30		Karate* Advanced 6:30-7:15	Tae Kwon Do* Ages 9+ (All Belts) 6:30-7:25	Karate* Advanced 6:30-7:15	Tae Kwon Do* Ages 9+ (All Belts) 6:30-7:25		
7:00							
7:30							
8:00		Karate* Adults 7:15-8:15	Tae Kwon Do* Teen/Adult 7:30-8:30	Karate* Adults 7:15-8:15	Tae Kwon Do* Teen/Adult 7:30-8:30		
8:30							
9:00				Karate* (Adults Sparring) 8:15-8:45			

\* Fee based program. Register online or at Member Services.

\*Schedule may change without notice due to special events, training, maintenance, or class needs. As a courtesy to others, please arrive to class on time. Those arriving 10 minutes late or more may be asked to leave the class by the instructor.