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Fitness Incentive 157 Deer Park Avenue, Babylon NY 11702 631.587.5766 www.fitnessincentive.com

Yoga/Pilates/Stretch CLASS SCHEDULE

Class Location: 2: Studio 2. All others: Main Group Exercise Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00a Pilates Xpress 2 Dina S.				
	7:00a Vinyasa YOGA 2 Karen B.		6:30a Vinyasa YOGA 2 Andrea P.	6:30a Mat PILATES 2 Dina S.		
8:00a Vinyasa YOGA 2 Angela S. (1.5hr)	9:30a Hot Yoga 2 Liz R	9:30a Mat PILATES 2 Dina S.		9:30a Mat PILATES 2 Dina S.	6:30a Vinyasa YOGA 2 Andrea P	
9:30a Vinyasa YOGA 2 Angela S. (1.25hr)		10:30a Kripalu YOGA 2 Carol L.	10:30a Hatha 2 Donna P.		9:30a Mat PILATES 2 Michelle W	9:00a Vinyasa YOGA 2 Cher M
	12:30p Chair Yoga 2 Teresa M.		12p Hot Yoga 2	11:30a Kripalu YOGA 2 Carol L.		10:30a Mat PILATES 2 Dina S
			4:30p Mat PILATES 2 Teresa M.	12:30p Chair Yoga 2 Teresa M.		11:30a Essential Stretch 2 Cathy P.
	6:00p Vinyasa YOGA 2 Jodi C.	6:00p Vinyasa YOGA 2 Angela S		6:00p Hot Yoga 2	5:00p Mat PILATES 2 Teresa M	
	7:00p Mat PILATES 2 Nancy C		7:00p Vinyasa YOGA 2 Andrea P.(1.5h)		6:00p Happy Hr Yoga 2 Angela S. (1.25hr)	
	8:00p Gentle Yoga 2 Andrea P.	8:00p Vinyasa YOGA 2 Ron M.		8:00p Vinyasa 2 Karen B		