

**AMETHYST STUDIO SCHEDULE**
**Feb 2018**

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
19	<b>9a</b> Yoga Gentle <b>4:30p</b> Qi Gong <b>6p</b> Intro to Meditation	20 <b>4:30p</b> Qi Gong <b>6p</b> Yoga - All Levels	21 <b>9a</b> Intro to Meditation <b>10a</b> Yoga - All Levels	22 <b>7:30a</b> Yoga - All Levels <b>3p</b> Yin Yoga	23 <b>6a</b> Barre <b>7:30a</b> Barre <b>4:30p</b> Qi Gong	24 <b>10:30a</b> Pilates/Yoga

**March 2018**

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
25	<b>6a</b> Barre <b>7:30a</b> Barre <b>9a</b> Yoga Gentle <b>4:30p</b> Qi Gong <b>6p</b> Intro to Meditation	26 <b>7:30a</b> Barre <b>4:30p</b> Qi Gong <b>6p</b> Yoga - All Levels	27 <b>6a</b> Barre <b>7:30a</b> Barre <b>9a</b> Intro to Meditation <b>10a</b> Yoga - All Levels	28 <b>7:30a</b> Yoga - All Levels <b>3p</b> Yin Yoga	1 <b>6a</b> Barre <b>7:30a</b> Barre <b>4:30p</b> Qi Gong	2 <b>10:30a</b> Pilates/Yoga
4	<b>6a</b> Barre <b>7:30a</b> Barre <b>9a</b> Yoga Gentle <b>4:30p</b> Qi Gong <b>6p</b> Intro to Meditation	5 <b>7:30a</b> Barre <b>4:30p</b> Qi Gong <b>6p</b> Yoga - All Levels	6 <b>6a</b> Barre <b>7:30a</b> Barre <b>9a</b> Intro to Meditation <b>10a</b> Yoga - All Levels	7 <b>7:30a</b> Yoga - All Levels <b>3p</b> Yin Yoga	8 <b>6a</b> Barre <b>7:30a</b> Barre <b>4:30p</b> Qi Gong	9 <b>10:30a</b> Pilates/Yoga
11	<b>6a</b> Barre <b>7:30a</b> Barre <b>9a</b> Yoga Gentle <b>4:30p</b> Qi Gong <b>6p</b> Intro to Meditation	12 <b>7:30a</b> Barre <b>4:30p</b> Qi Gong <b>6p</b> Yoga - All Levels	13 <b>9a</b> Intro to Meditation <b>10a</b> Yoga - All Levels	14 <b>7:30a</b> Yoga - All Levels <b>3p</b> Yin Yoga	15 <b>6a</b> Barre <b>7:30a</b> Barre <b>4:30p</b> Qi Gong	16 <b>10:30a</b> Pilates/Yoga
18	<b>9a</b> Yoga Gentle <b>4:30p</b> Qi Gong <b>6p</b> Intro to Meditation	19 <b>4:30p</b> Qi Gong <b>6p</b> Yoga - All Levels	20 <b>6a</b> Barre <b>7:30a</b> Barre <b>9a</b> Intro to Meditation <b>10a</b> Yoga - All Levels	21 <b>7:30a</b> Yoga - All Levels <b>3p</b> Yin Yoga	22 <b>7:30a</b> Barre <b>4:30p</b> Qi Gong	23 <b>10:30a</b> Pilates/Yoga
25	<b>6a</b> Barre <b>7:30a</b> Barre <b>9a</b> Yoga Gentle <b>4:30p</b> Qi Gong <b>6p</b> Intro to Meditation	26 <b>7:30a</b> Barre <b>4:30p</b> Qi Gong <b>6p</b> Yoga - All Levels	27 <b>6a</b> Barre <b>7:30a</b> Barre <b>9a</b> Intro to Meditation <b>10a</b> Yoga - All Levels	28 <b>7:30a</b> Yoga - All Levels <b>3p</b> Yin Yoga	29 <b>6a</b> Barre <b>7:30a</b> Barre <b>4:30p</b> Qi Gong	30 <b>10:30a</b> Pilates/Yoga