

Class Schedule: 559-641-5656 or ClassTheBodyPastiche.com

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|----------------------------------|-------------------------------------------|-----------------------------------------------------|-----------------------------|------------------------------------|-------------------------------------------|
| 7:00-7:45 | Yoga (Senior Stretch) Dave | | | | Yoga (Senior Stretch) Dave | |
| 7:30-8:20 | Cardio Circuit Kim | | Cardio Circuit Kim | | Cardio Circuit Kim | |
| 8:00-9:00 | | Alignment Yoga JP | | Alignment Yoga JP | | |
| 8:30-9:30 | Cardio Barre Tammy | | Cardio Barre Tammy | | Cardio Barre Tammy | |
| 9:15-10:15 | | Decades Justina | 9AM -9:45 Chair Yoga (Senior Stretch) Dave | Decades Justina | | Diva Yoga Lisa |
| 9:45-11:00 | | | Zumba (Silver Sneakers) Jackie | | Zumba (Silver Sneakers) Ruth | |
| 11:00-12:00 | | Fall Prevention Virginia | | Fall Prevention Virginia | | Yoga (Senior Stretch) Dave |
| 11:15-12:30 | | | | | Restorative Yoga | |
| Small Training | | Group Call for details 559-641-5656 | 4:15 Class Drills Nicole | Small Training | | Group Call for details 559-641-5656 |
| | | | 5:30 Belly Dancing Bliss | | | |