



Redefine yourself...
...at The Mat

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30AM OPEN FLOW	5:45AM OPEN FLOW		5:45AM OPEN FLOW	8:30AM OPEN FLOW	9:00AM*** OPEN FLOW	11:00AM MAT GENTLE
12:00PM OPEN FLOW	8:30AM OPEN FLOW	8:30AM OPEN FLOW	8:30AM OPEN FLOW	12:00PM OPEN FLOW	10:30AM*** MAT POWER	2:00PM** DEEP STRETCH
1:05PM* MEDITATION	12:00PM OPEN FLOW	12:00PM OPEN FLOW	12:00PM OPEN FLOW	1:05PM* MEDITATION	4:00PM OPEN FLOW	3:30PM OPEN FLOW
5:15PM OPEN FLOW	5:15PM OPEN FLOW	5:15PM OPEN FLOW	5:15PM OPEN FLOW	5:15PM OPEN FLOW		6:30PM*** PRENATAL SERIES
6:30PM MAT GENTLE	6:30PM OPEN FLOW	6:30PM OPEN FLOW	6:30PM*** MAT EXPLORATIVE			
	7:35PM* MEDITATION	8:00PM MAT GENTLE	8:00PM MAT GENTLE			

Classes are subject to change. Check the website for the latest schedule and teacher listing.
Series classes require pre-registration.
Mat Power and Mat Explorative are advanced classes. Check website for details. All other classes are appropriate for all levels. Classes are 60 minutes unless otherwise indicated.

* 30min class ** 70min class *** 75min class

Effective 01/01/11