

Pine Lake Mind and Body Studio Schedule Spring 2012

Check with the front desk for Holiday Schedule Changes or Special Events

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM							
5:15 AM							
5:30 AM							
5:45 AM							
6:00 AM				Hot Centergy 6:00-7:00		Hot Centergy 6:00-7:00	
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM	Group Centergy 7:30-8:30						
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM	Yoga Sport 8:35-10:05		Hot Centergy 8:30-9:30		Group Centergy 8:30-9:30		Group Centergy 8:30-9:30
8:45 AM							
9:00 AM							
9:15 AM		Hot Power Yoga 9:15-10:45		Hot Power Yoga 9:30-11:00	Pilates Ball 9:35-10:35	Hot Power Yoga 9:30-11:00	Urban Pilates 9:35-10:35
9:30 AM							
9:45 AM			Hot Power Yoga 9:45-10:45				
10:00 AM							
10:15 AM							
10:30 AM	Hot Restorative Yoga 10:30-11:30						
10:45 AM							
11:00 AM			Group Centergy 11:00-12:00				Hot Power Yoga 11:00-12:00
11:15 AM				Hot Power Yoga 11:15-12:15		Hot Power Yoga 11:15-12:15	
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM	Space	May	Be	Booked	for	Special	Event
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM			Youth Yoga 4:30-5:30	Mini Me Cheer 4:15-5:00 Teen Yoga 5:00-6:00	Dance Class	Karate 4:30-5:15	
5:00 PM							
5:15 PM							
5:30 PM						Hip Hop 5:15-6:15	
5:45 PM							
6:00 PM							
6:15 PM			Hot Power Yoga 6:15-7:15PM	Hot Centergy 6:15-7:15	Hot Power yoga 6:15-7:15	Group Centergy 6:20-7:20	
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM			Hatha Yoga 7:30-9:00	Hot Power Yoga 7:30-8:30	Hatha Yoga 7:30-9:00	Hot Power Yoga 7:30-8:30	
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							
8:45 PM							
9:00 PM							
9:15 PM							
9:30 PM							
9:45 PM							
10:00 PM							
10:15 PM							

Columbia Athletic Clubs Pine Lake

| 2930 228th Avenue SE | Sammamish, WA 98075 |

| 425-313-0123 | www.columbiaathletic.com |

