



Club Hours
 M-Th 4:30A - 11:00P
 Friday 4:30A - 9:00P
 Sat & Sun 6:00A - 9:00P
 (480)889-8889

MOUNTAINSIDE FITNESS SCOTTSDALE MIND/BODY February 2012

Childcare Hours
 M-F 7:30A-8:30P
 Sat 8:00A-6:00P
 Sun 8:00A-3:00P



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>*Kids Yoga will have a small per class fee.</p> <p>*Underlined & italicized classes are specialty classes—see the front desk</p>	<p>Instructor Key AC- Abbie DB - Dee DLE- Debra Lynn DV - Dani GH- Greg JM- Jennifer JK- Julie JL- Julie JM2- Jonell JS- Jean LS- Linda</p>	<p>Instructor Key LS2- Lynn LJ- Lynn LW- Lisa MC- Maria C. MP- Maria P. MR-Michele MV- Marivic PJ- Patty TS- Teresa</p>	<p>1 AM 8:00 Yoga 101- LS 9:00 Yoga Flow- LS 10:00Stretch- LS 11:00 3D Pilates- LS2</p> <p>PM 5:30 Yoga 101- LW</p>	<p>2 AM 6:30 Yoga- LW 9:00 Ball Pilates- MP 10:00 Yoga Mix Level- MV</p> <p>PM 4:00 Simply Stretch-LS 6:30 Power Yoga- GH</p>	<p>3 AM 8:15 Yoga 101- LS 9:15 Yoga Flow- LS 10:30 Mat Pilates- MP</p> <p>PM 4:30 Yoga - JS</p>	<p>4 AM 8:15 Mat2Music- PJ 9:30 Yoga 101- MC 10:30 Power Yoga- MC 11:30 Yoga- JL</p>
<p>5 AM 8:00 Yoga- JK 9:00 Mat Pilates- JK 10:15 Power Yoga- LJ</p>	<p>6 AM 8:15 Yoga 101- LS 9:30 Power Yoga- JK 10:30 Mat Pilates-TS 11:30 Stretch- MV</p> <p>PM 4:30 Deep Stretch- MC 6:00 Heated Power Yoga-JL</p>	<p>7 AM 6:30 Yoga- JL 8:00 <u>Reformer Bar Pilates</u>- MP 9:00 Power Yoga- DLE 10:00 Mat Pilates- JK</p> <p>PM 4:30 Yoga Flow- LW 5:30 Mat Pilates- TS 6:30 Fitness Yoga- JM</p>	<p>8 AM 8:00 Yoga 101- LS 9:00 Yoga Flow- LS 10:00Stretch- LS 11:00 3D Pilates- LS2</p> <p>PM 5:30 Yoga 101- LW</p>	<p>9 AM 6:30 Yoga- LW 8:00 <u>Reformer Bar Pilates</u>- MP 9:00 Ball Pilates- MP 10:00 Yoga Mix Level- MV</p> <p>PM 4:00 Simply Stretch-LS 6:30 Power Yoga- GH</p>	<p>10 AM 8:15 Yoga 101- LS 9:15 Yoga Flow- LS 10:30 Mat Pilates- MP</p> <p>PM 4:30 Yoga - JS</p>	<p>11 AM 8:15 Mat2Music- PJ 9:30 Yoga 101- MC 10:30 Power Yoga- MC 11:30 Yoga- LW</p>
<p>12 AM 8:00 Yoga- JK 9:00 Mat Pilates- JK 10:15 Power Yoga- LJ</p>	<p>13 AM 8:15 Yoga 101- LS 9:30 Power Yoga- JK 10:30 Mat Pilates- TS 11:30 Stretch- MV</p> <p>PM 4:30 Deep Stretch- MC 6:00 Heated Power Yoga-JL</p>	<p>14 AM 6:30 Yoga- JL 8:00 <u>Reformer Bar Pilates</u>- MP 9:00 Power Yoga- DLE 10:00 Mat Pilates- JK</p> <p>PM 4:30 Yoga Flow- LW 5:30 Mat Pilates- TS 6:30 Fitness Yoga- JM</p>	<p>15 AM 8:00 Yoga 101- LS 9:00 Yoga Flow- LS 10:00Stretch- LS 11:00 3D Pilates- LS2</p> <p>PM 5:30 Yoga 101- LW</p>	<p>16 AM 6:30 Yoga- LW 8:00 <u>Reformer Bar Pilates</u>- MP 9:00 Ball Pilates- MP 10:00 Yoga Mix Level- MV</p> <p>PM 4:00 Simply Stretch-LS 6:30 Power Yoga- GH</p>	<p>17 AM 8:15 Yoga 101- LS 9:15 Yoga Flow- LS 10:30 Mat Pilates- MP</p> <p>PM 4:30 Yoga - JS</p>	<p>18 AM 8:15 Mat2Music- PJ 9:30 Yoga 101- MC 10:30 Power Yoga- MC 11:30 Yoga- JL</p>
<p>19 AM 8:00 Yoga- JK 9:00 Mat Pilates- JK 10:15 Power Yoga- LS</p>	<p>20 AM 8:15 Yoga 101- LS 9:30 Power Yoga- JK 10:30 Mat Pilates- TS 11:30 Stretch- MV</p> <p>PM 4:30 Deep Stretch- MC 6:00 Heated Power Yoga-JL</p>	<p>21 AM 6:30 Yoga- JL 8:00 <u>Reformer Bar Pilates</u>- MP 9:00 Power Yoga- DLE 10:00 Mat Pilates- JK</p> <p>PM 4:30 Yoga Flow- LW 5:30 Mat Pilates- TS 6:30 Fitness Yoga- JM</p>	<p>22 AM 8:00 Yoga 101- LS 9:00 Yoga Flow- LS 10:00Stretch- LS 11:00 3D Pilates- LS2</p> <p>PM 5:30 Yoga 101- LW</p>	<p>23 AM 6:30 Yoga- LW 8:00 <u>Reformer Bar Pilates</u>- MP 9:00 Ball Pilates- MP 10:00 Yoga Mix Level- MV</p> <p>PM 4:00 Simply Stretch-LS 6:30 Power Yoga- GH</p>	<p>24 AM 8:15 Yoga 101- LS 9:15 Yoga Flow- LS 10:30 Mat Pilates- MP</p> <p>PM 4:30 Yoga - JS</p>	<p>25 AM 8:15 Mat2Music- PJ 9:30 Yoga 101- MC 10:30 Power Yoga- MC 11:30 Yoga- LW</p>
<p>26 AM 8:00 Yoga- JK 9:00 Mat Pilates- JK 10:15 Power Yoga- LS</p>	<p>27 AM 8:15 Yoga 101- JS 9:30 Power Yoga- JK 10:30 Mat Pilates-TS 11:30 Stretch- MV</p> <p>PM 4:30 Deep Stretch- MC 6:00 Heated Power Yoga-JL</p>	<p>28 AM 6:30 Yoga- JL 8:00 <u>Reformer Bar Pilates</u>- MP 9:00 Power Yoga- DLE 10:00 Mat Pilates- JK</p> <p>PM 4:30 Yoga Flow- LW 5:30 Mat Pilates- TS 6:30 Fitness Yoga- JM</p>	<p>29 AM 8:00 Yoga 101- LS 9:00 Yoga Flow- LS 10:00Stretch- LS 11:00 3D Pilates- LS2</p> <p>PM 5:30 Yoga 101- LW</p>			