

**Reebok Sports Club/NY**  
**Mind Body Schedule**  
**MODIFIED LABOR DAY WEEKEND HOLIDAY SCHEDULE**



FRIDAY 9/3	SATURDAY 9/4	SUNDAY 9/5	MONDAY 9/6
7:00-8:15am VINYASA YOGA -OPEN- (MBS) Sara Little ☼	8:45-10:15am ANUSARA INSPIRED YOGA -2- (MBS) Meghan Nichols ☼	9:00-10:30am ASHTANGA YOGA -2/3- (MBS) Evan Perry	9:00-10:15am ANUSARA INSPIRED YOGA -OPEN- (MBS) JoAnna Ross
9:00-10:15am IYENGAR YOGA -2- (MBS) Eve Holbrook ☼	10:30-12:00pm HATHA FLOW YOGA -OPEN- (MBS) Suzanne Taylor	10:45-11:45am GENTLE YOGA -1- (MBS) Gordon Sharpe	10:30-11:45am VINYASA YOGA -2- (MBS) Hwalan
10:30-11:45pm VINYASA YOGA -OPEN- (MBS) Amrit Ramkissoon ☼	12:15-1:45pm RESTORATIVE YOGA -1- (MBS) Suzanne Taylor	12:15-1:45pm VINYASA YOGA -OPEN- (MBS) Iyala Berley	12:30-1:30pm POWER LUNCH -OPEN- (MBS) Oceana Baity
11:00-12:15pm BUDDHA MAMA (Studio 1) Michelle Hill	2:00-3:15pm VINYASA YOGA -OPEN- (MBS) Iyala Berley	2:00-3:15pm CORE FLOW YOGA -OPEN- (MBS) Aarona Pichinson	
12:30-2:00pm IYENGAR YOGA BASICS -1- (MBS) Michelle Hill	5:30-6:45pm GENTLE YOGA -1- (MBS) Gordon Sharpe	5:00-6:00pm IYENGAR YOGA BASICS -1- (MBS) Kavi Patel	
6:30-8:00pm ASHTANGA YOGA -2/3- (MBS) Evan Perry			

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Denotes class or instructor change.