

The Sports Club/LA | Mind Body Schedule | Labor Day 2010 effective 9/2/10 - 9/6/10

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
6:45-8:00 am Hatha Yoga L1,2 Power Studio Jean-Yves Quetelard	9:00-10:00 am Vinyasa Flow Yoga L2 Power Studio Noll Daniel	9:30-11:00 am Intermediate Vinyasa Flow Power Studio Noll Daniel	10:00-11:00 am Pilates Props Longevity Studio Jonathan Roberts	9:00-10:00 am Hatha Yoga Longevity Studio Nadia Oka
10:00-11:00 am Pilates Mat L1 Power Studio Michael Parra	12:00-1:00 pm Pilates Mat L1,2 Power Studio Artemis Anderson	4:00-5:30 pm The Urban Yoga Workout Power Studio Noll Daniel	10:00-11:00 pm Yoga Basics Power Studio Athena Pappas	12:00-1:00 pm Pilates Props Power Studio Jonathan Roberts
12:00-1:00 pm Vinyasa Flow Yoga L2,3 Power Studio Buddy Macuha	1:00-2:15 pm Vinyasa Flow Yoga L2 Power Studio Howard Tom		11:00-12:30 pm Iyengar Yoga Power Studio Athena Pappas	1:00-2:15 pm Vinyasa Flow Power Studio Howard Tom
1:00-2:00 pm Gyrokinesis L1 Longevity Studio Mike Luque	5:30-6:30 pm Power Pilates Power Studio Isabela Staycer		12:30-2:00 pm Vinyasa Flow Yoga Power Studio Michael H.	4:45-6:00 pm Iyengar Yoga Power Studio Athena Pappas
4:15-5:30 pm Iyengar Yoga L1,2 Power Studio Athena Pappas				5:30-6:30 pm Pilates Mat Longevity Studio Molly Sigman
5:30-6:30 pm Pilates Mat L1,2 Power Studio Molly Sigman				
6:30-7:45 pm Intermediate Vinyasa Flow Power Studio Cecily Guest				
7:30-8:45 pm Iyengar Yoga L1,2 Longevity Studio Kevin Nguyen				

Schedule Hotline: 415.633.3936 | Website and Class Descriptions: www.thesportsclubla.com

