McFetridge Wellness Class Schedule NOV-DEC 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:00-9:00 AM Slow Flow Yoga *Lena*	**8:00-9:00 AM** Slow Flow Yoga *Moe*	**8:00-9:00 AM** Vinyasa Yoga *Moe*		**8:00-8:50 AM** Vinyasa Yoga *Pamela*	**8:00-9:00 AM** Vinyasa Yoga *TBD*
	8:30-9:45 AM Total Body Sculpt & Stretch *Marlo*				**8:30-9:45 AM** Total Body Sculpt & Stretch *Marlo*		
		9:30-10:30 AM Gentle Yoga *Pamela*	**9:30-10:30 AM** Vinyasa Yoga *Megan*	**9:30-10:30 AM** Gentle Yoga *Mariana*			**9:30-10:30 AM** Slow Flow Yoga *TBD*
yoga studio	**11:00-12:00 PM** Slow Flow Yoga *Moe*	**11:00-12:00 PM** Hatha Yoga *Pamela*	**11:00-12:00 PM** Hatha Basics *Sairsha*	**11:00-12:00 PM** Slow Flow Yoga *Mariana*	**11:00-12:00 PM** Slow Flow Yoga *Lacey*		**11:00-12:00 PM** Gentle Yoga *Lena*
dance room 2	**11:00-12:00 PM** Chair Yoga *Monica*		**11:00-12:00 PM** Chair Yoga *Moe*		**11:00-12:00 PM** Gentle Yoga *Moe*		
	12:30-1:30 PM Vinyasa Yoga *Monica*	**12:30-1:30 PM** Vinyasa Yoga *Moe*	**12:30-1:30 PM** Mat Pilates *Lacey*	**12:30-1:30 PM** Vinyasa Yoga *Monica*	**12:30-1:30PM** Power Sculpt *Lacey*		
				1:35-2:00 PM Meditation *Monica*		**1:15-2:15 PM** Hatha Yoga *Monica*	
			3:00-3:50 PM Vinyasa Yoga *Lacey*	**4:00-5:00 PM** Hatha Basics *Sairsha*			
		4:45-5:45 PM Hatha Basics *Sairsha*		**5:15-6:15 PM** Vinyasa Yoga *Lacey*	**5:30-6:30 PM** Hatha Basics *Sairsha*		**5:30-6:30 PM** Restorative Yoga *Bailey (aka "B")*
		6:00-7:00 PM Total Body Sculpt *Lacey*		**6:30-7:30 PM** Tai Chi***** *Peter*			
		7:30-8:30 PM Vinyasa Yoga *Lacey*		**7:40-8:40 PM** Tai Chi***** *Peter*			

*****course registration required