

Yoga for Mankind  
 130 North Broadway, Suite B  
 Phone: (805) 680-6542  
 June 1, 2015

|                         |                 |                                    |
|-------------------------|-----------------|------------------------------------|
| <b><u>Monday</u></b>    |                 |                                    |
| Corlis                  | 9:30-10:30am    | Yoga Flow                          |
| Vicki                   | 11am-12pm       | Yoga/Pilates on the Ball           |
| Vicki                   | 4:30-5:30pm     | Gentle Yoga – All Levels           |
| Vicki                   | 5:45-6:45pm     | Stretch & Strength Yoga            |
| Corlis                  | 7:00-8:00pm     | Hatha Yoga                         |
| <b><u>Tuesday</u></b>   |                 |                                    |
| Patricia                | 5:45-6:45am     | Vinyasa Flow                       |
| Vicki                   | 8:15-9:15am     | Stretch & Strength Yoga            |
| Alysha                  | 9:30-10:30am    | Gentle Yoga – All Levels           |
| Vicki                   | 4:30-5:30pm     | Stretch & Strength Yoga            |
| Tracy                   | 5:45-6:45pm     | Mat Pilates                        |
| Tina                    | 7:00 – 8:00pm   | Candlelight Yin                    |
| <b><u>Wednesday</u></b> |                 |                                    |
| Becky                   | 9:30-10:30am    | Mat Pilates – All Levels           |
| Vicki                   | 4:30-5:30pm     | Pilates/Yoga on the Ball L1/L2     |
| Lisa                    | 5:45-6:45pm     | All Levels Yoga                    |
| <b><u>Thursday</u></b>  |                 |                                    |
| Patricia                | 5:45-6:45am     | Yoga with Props                    |
| Alysha                  | 9:30-10:30am    | Gentle Yoga - All Levels           |
| Tina                    | 11:00am-12:15pm | Vinyasa Flow                       |
| Vicki                   | 4:30-5:30pm     | Beginning Yoga                     |
| Vicki                   | 5:45-6:40pm     | Pilates With Props                 |
| <b><u>Friday</u></b>    |                 |                                    |
| Vicki                   | 8:30-9:30am     | Gentle Yoga                        |
| Lisa                    | 10:00-11:00am   | All Levels Yoga                    |
| Sunday                  | 4:30-5:45pm     | Restorative Yoga with aromatherapy |
| Kristen                 | 6:00-7:00pm     | Prenatal Yoga                      |
| <b><u>Saturday</u></b>  |                 |                                    |
| Tracy                   | 8:00-9:00am     | Mat Pilates -                      |
| Tracy                   | 9:15-10:30am    | Community Yoga \$5                 |