

Yoga and Pilates Class Schedule

Authentic	Mon	Tue	Wed	Thu	Fri	Sat
9:30AM-10:30 AM	Rehab Yoga This is a gentle Yoga alternative w/Ginger		Rehab Yoga This is a gentle Yoga alternative w/Ginger			
10:00AM-11:00AM		Authentic Mat Pilates w/Alex		Authentic Mat Pilates w/Alex		10:30 AM Pilates Alternating weekends Classical or Ball
12:00-1:00PM	Yoga Hatha with a Kundalini influence w/Kathryn		Yoga Hatha with a Kundalini influence w/Kathryn		Yoga Hatha with a Kundalini influence w/Kathryn	Classical is lead by Joan and Power Ball by Ginger
6:00 PM-7:00 PM	Classical Pilates w/Joan	Yoga Hatha Runs until 7:30 PM w/Ginger				
6:30PM-7:30PM			Power Ball Pilates w/Ginger	Power Ball Pilates w/Ginger	Child Care is available for evening classes	

Elite Martial Arts Academy

2710 Alt 19 suite 203 Palm Harbor, FL 34683

727-944-3836

www.1elitemartialarts.com