

Columbia Association **Mind/Body Class Schedule**

July 1-Aug 8, 2010 All classes 55 minutes unless notated otherwise. Athletic Club 410-730-6744 • Columbia Gym 410-531-0800 • Supreme Sports Club 410-381-5355

Sunday				
9:30 am	Level II/III (85 min)	Athletic Club	Studio 2	Julia
11:00 am	Level I	Athletic Club	Studio 2	Julia
Monday				
10:45 am	Power Flow	Athletic Club	Studio 2	Rodger
5:30 pm	Level I	Supreme Sports Club	Pilates/Yoga Studio	Julie
5:45 pm	Level I	Athletic Club	Studio 2	Chuck
6:45 pm	Level I/II	Supreme Sports Club	Pilates/Yoga Studio	Stella
7:00 pm	Level I	Athletic Club	Studio 2	Chuck
8:00 pm	Ashtanga	Supreme Sports Club	Pilates/Yoga Studio	Mark
Tuesday				
9:30 am	Level I/II	Columbia Gym	Martial Arts Studio	Stella
10:45 am	Level I	Columbia Gym	Martial Arts Studio	Kelly
6:00 pm	Level I/II (90 min)	Athletic Club	Studio 2	Chuck
6:15 pm	Level II (70 min)	Columbia Gym	Martial Arts Studio	Lue
7:30 pm	Level I	Columbia Gym	Martial Arts Studio	Lue
7:30 pm	Power Flow Yoga II (80 min)	Supreme Sports Club	Pilates/Yoga Studio	Rodger
7:30 pm	Tai Chi I/II	Supreme Sports Club	Studio 1	Alton
Wednesday				
9:30 am	Qigong	Athletic Club	Studio 2	Paul
10:35 am	Flow Yoga (45 min)	Columbia Gym	Studio 2	Heather
10:45 am	Level I	Athletic Club	Studio 2	Stella
Thursday				
10:30 am	Level II (75 min)	Columbia Gym	Martial Arts Studio	Stella
11:00 am	Tai Chi II	Athletic Club	Studio 2	Paul
6:00 pm	Power Flow (85 min)	Athletic Club	Studio 2	Rodger
7:15 pm	Level I	Supreme Sports Club	Pilates/Yoga Studio	Mark
7:40 pm	Tai Chi I	Columbia Gym	Studio 2	Paul
Friday				
9:30 am	Qigong	Athletic Club	Studio 2	Paul
10:30 am	Flow Yoga (45 min)	Columbia Gym	Studio 2	Heather
10:30 am	Gentle Yoga	Athletic Club	Studio 2	Eva
5:45 pm	Level I	Columbia Gym	Martial Arts Studio	Chuck
Saturday				
7:45 am	Level I/II (70 min)	Supreme Sports Club	Pilates/Yoga Studio	Rodger
8:00 am	Level II (85 min)	Athletic Club	Studio 2	Lue
9:45 am	Level I	Athletic Club	Studio 2	Chuck
11:00 am	Level I/II	Columbia Gym	Martial Arts Studio	Shirley/Rodger