

**Silk Wind Studio
2017 Spring Schedule**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
BAGUA 8:30am - 9:30am						YIN YOGA 8:15am - 9:30am
TAI CHI 9:30am - 10:45am		YOGA : ALL LEVELS 9:30am - 10:45am	YOGA BASICS 9:30am - 10:45am		YOGA : ALL LEVELS 9:30am - 10:45am	YOGA : ALL LEVELS 9:30am - 10:45am
YOGA BASICS 11:00am - 12:15pm	TAI CHI 11:00am - 12:15pm		Restorative YOGA 11:00am - 12:15pm		YOGA ON THE BALL 11:00am- 12:15pm	TAI CHI 11:00am - 12:15pm
KIDS KARATE 12:30pm - 1:30pm						QIGONG (5 Animal) 12:30-1:30pm
	KIDS YOGA 5:00pm - 6:00pm					
	CHAIR YOGA 6:00pm - 7:15pm	KIDS KARATE 6:00pm - 7:00pm	YOGA : ALL LEVELS 6:00pm - 7:15pm	KIDS KARATE 6:00pm - 7:00pm		
	YOGA : ALL LEVELS 7:30pm - 8:45pm	BAGUA 7:30pm - 8:45pm	TAI CHI 7:30pm - 8:45pm	YOGA : ALL LEVELS 7:30pm - 8:45pm		

PLEASE NOTE WE WILL BE CLOSED FOR EASTER SUNDAY, APRIL 16th

SILK WIND STUDIO
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