

Silk Wind Studio

2018 Winter Schedule

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

SILK WIND STUDIO

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