



# Mountain Waters Studio

## Studio Winter 2020

	Mon	Tue	Wed	Thu	Fri
9:00-10:00 am	Private Small Group Training	Morning Flow	Private Small Group Training	Gentle Yoga	Private Small Group Training
10:15-11:00 am	TRX	Pilates 10:15-11:15 am	TRX	Pilates 10:15-11:15 am	TRX
12:00-12:45 pm	TRX	TRX	54321 Workout	TRX	54321 Workout
1:00-2:00 pm	Prenatal Yoga <i>(pre-registration recommended)</i>	Private Small Group Training	TRX 1:00-1:45 pm		TRX 1:00-1:45 pm
2:30-3:30 pm	Pilates				
4:00-5:00 pm	Somatic Yoga Flow				
5:30-6:45 pm	Ropes		Ropes		
7:00-8:00 pm		Prenatal Yoga <i>(pre-registration recommended)</i>	Restorative with Tuning Forks 7-8:15pm	Candlelit Yin	



All classes are beginner friendly

Legend: Workouts Yoga/Meditation

Classes are subject to change. Please check [relaxationredefined.com](http://relaxationredefined.com) for updated information and pricing details.



**Mountain Waters**  
Spa and Wellness

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[RelaxationRedefined.com](http://RelaxationRedefined.com)