



# Memorial Athletic Club

## Yoga Schedule - 2020

MEMORIAL  
ATHLETIC  
CLUB FOR  
*Women*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am Hatha Yoga MAC Studio B Debbie S	6:00am Power Yoga MAC Studio A Amy	11:00am Yoga for Athletes Body Awareness Training MAC Studio A Lori	6:00am Power Yoga MAC Studio A Amy C	8:00am Yoga Basics MAC Studio B Heidi	8:00am Power Yoga MAC Studio B Amy	9:00am Active Vinyasa MAC Studio B Guillermina
10:30am Barre Above MFW Sarah	10:00am Yoga Basics MAC Studio A Heidi	11:30am Hatha Yoga**** MFW Marta	9:30am Barre/Yoga Fusion MFW Beth	10:00am Ashtanga Vinyasa MAC Studio A Susan	9:00am Yoga Basics MAC Studio A Amy	11:30am Relaxation & Restorative Yin w/Meditation**** MAC Studio A Guillermina
11:30am Hatha Yoga**** MFW Marta	10:30am Ashtanga Vinyasa MFW Susan	4:00pm Kids Yoga** MAC Studio B Sandra	10:00am Yoga Basics MAC Studio A Linda	11:30am Hatha Yoga**** MFW Debbie S	9:30am Barre Above MFW Rotation	
5:30pm Vinyasa Yoga MFW Guillermina	10:30am Advanced Vinyasa Yoga MAC Studio B Amy	5:30pm Vinyasa Yoga MFW Linda Steinbarger	11:00am Relaxation & Restorative Yin MAC Studio A Linda		11:00am Yoga for Athletes Body Awareness Training MAC Studio A Lori	
	11:00am Relaxation & Restorative Yin MAC Studio A Heidi	6:30pm Hatha Yoga**** MAC Studio A Debbie S	4:00pm Tai Chi MAC Studio B Sandra		11:30am Relaxation & Restorative Yin**** MFW Heidi	
	12:00pm Tai Chi MAC Studio A Heidi		5:30pm Vinyasa Yoga MFW Amy			
	4:45pm Barre Above MAC Studio A Sarah					
	5:15pm Yoga Basics MFW Linda					
	6:30pm Hatha Yoga**** MFW Linda					

updated February 2020

All classes are 55 minutes unless otherwise noted

\* 30 minutes

\*\* 45 minutes

\*\*\* 75 minutes

\*\*\*\* 90 minutes

MFW= MAC For Women location

Men are allowed in the studio at the MFW after 6:30pm