

# January 15 – February 28

City of Harwood Heights

<b>Mon</b>	10:00 am – 10:46 am	YogaFit for Beginners	City of Harwood Heights
	12:00 pm – 12:30 pm	Mat Pilates	City of Harwood Heights
	2:00 pm – 2:20 pm	Dancer Refined Abs	City of Harwood Heights
	4:00 pm – 4:55 pm	Casting Spells With All That Jazz	City of Harwood Heights
	6:00 pm – 6:17 pm	Everyday Yoga - Practice 2	City of Harwood Heights
<b>Tue</b>	10:00 am – 10:51 am	Yoga Basics	City of Harwood Heights
	12:00 pm – 12:22 pm	Pilates in Motion: Core Body	City of Harwood Heights
	2:00 pm – 2:54 pm	Stability Strength and Balance	City of Harwood Heights
	4:00 pm – 4:26 pm	Crystal's Latin & Ballroom Mix	City of Harwood Heights
	6:00 pm – 6:21 pm	Everyday Yoga - Practice 1	City of Harwood Heights
<b>Wed</b>	10:00 am – 10:46 am	YogaFit for Beginners	City of Harwood Heights
	12:00 pm – 12:20 pm	Dancer Refined Abs	City of Harwood Heights
	2:00 pm – 2:51 pm	Yoga Basics	City of Harwood Heights
	4:00 pm – 4:54 pm	Stability Strength and Balance	City of Harwood Heights
	6:00 pm – 6:17 pm	Everyday Yoga - Practice 2	City of Harwood Heights
<b>Thu</b>	10:00 am – 10:29 am	Amy's Tone & Shape No Gear 2	City of Harwood Heights
	10:30 am – 10:51 am	Everyday Yoga - Practice 1	City of Harwood Heights
	12:00 pm – 12:30 pm	Mat Pilates	City of Harwood Heights

	2:00 pm – 2:22 pm	Laura's Energizing & Relaxing Yoga for Everyone	City of Harwood Heights
	4:00 pm – 4:29 pm	PLYOGA Express 101: Get Started	City of Harwood Heights
	6:00 pm – 6:55 pm	Casting Spells With All That Jazz	City of Harwood Heights
<b>Fri</b>	10:00 am – 10:17 am	Everyday Yoga - Practice 2	City of Harwood Heights
	12:00 pm – 12:25 pm	Tone + Shred Abs	City of Harwood Heights
	2:00 pm – 2:22 pm	Pilates in Motion: Core Body	City of Harwood Heights
	4:00 pm – 4:29 pm	Amy's Tone & Shape No Gear 2	City of Harwood Heights
	6:00 pm – 6:20 pm	Dancer Refined Abs	City of Harwood Heights
<b>Sat</b>	9:30 am – 9:51 am	Everyday Yoga - Practice 1	City of Harwood Heights
	10:30 am – 10:59 am	PLYOGA Express 101: Get Started	City of Harwood Heights
	11:30 am – 12:00 pm	Mat Pilates	City of Harwood Heights