

SUN CITY WEST YOGA CLUB STUDIO CLASS SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 8:00 AM	7:00 AM - 8:00 AM	7:00 AM - 8:00 AM	7:00 AM - 8:00 AM	7:00 AM - 8:00 AM	8:00 AM - 9:00 AM
8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	8:30 AM - 9:30 AM	9:30 AM - 10:30 AM
			Mat Yoga - \$4 Intermediate/Advanced Chris Cavaletto		Chair Yoga - \$4 All Levels Peaches Sloan
10:00 AM - 11:00 AM	10:00 AM - 11:00 AM	10:00 AM - 11:00 AM	10:00 AM - 11:00 AM	10:00 AM - 11:00 AM	11:00 AM - 12:00 PM
Mat Yoga - \$4 Intermediate Renee Pruitt	Chair Yoga - \$4 Beginner Renee Pruitt	Slow Flow - \$4 All Levels Marci Edmunds	Mat Yoga - \$4 Beginner Chris Cavaletto	Mat Yoga - \$4 Intermediate Renee Pruitt	Chair Yoga - \$4 All Levels Peaches Sloan
12:00 PM - 1:00 PM	11:30 AM - 12:30 PM	12:00 PM - 1:00 PM	11:30 AM - 12:30 PM	11:30 AM - 12:30 PM	12:30 PM - 1:30 PM
Yoga Stretch - \$4 All Levels Chris Cavaletto		Yoga Stretch & Roll - \$4 All Levels Chris Cavaletto			
1:30 PM - 2:30 PM	1:00 PM - 2:00 PM	1:30 PM - 2:30 PM	1:00 PM - 2:00 PM	1:00 PM - 2:00 PM	2:00 PM - 3:00 PM
3:00 PM - 4:00 PM	2:00 PM - 3:00 PM	3:00 PM - 4:00 PM	2:00 PM - 3:00 PM	2:30 PM - 3:30 PM	3:30 PM - 4:30 PM
	Qigong - \$4 All Levels Jan Stittleburg		Tai Chi - \$4 Beginner Jan Stittleburg		
4:00 PM - 5:00 PM	4:00 PM - 5:00 PM	4:00 PM - 5:00 PM	4:00 PM - 5:00 PM	4:00 PM - 5:00 PM	5:00 PM - 6:00 PM
		Yin Yoga - \$4 All Levels Tami Aspeitia-Mastriona			6:00 PM - Facility Closes
5:00 PM - 9:00 PM	5:30 PM - 6:50 PM	5:30 PM - 6:30 PM	5:00 PM - 6:00 PM	5:00 PM - 9:00 PM	
Karaoke Club	Hatha Yoga using a Chair as a Prop - \$6  All Levels Peaches S. / Emily S.			Karaoke Club	
	7:00 PM - 8:00 PM	7:00 PM - 8:00 PM	7:00 PM - 8:00 PM		
9:00 PM - Facility Closes					

Schedule subject to change without notice. Current schedule is posted at <https://www.scwyoga.com/in-studio-classes>

Updated 13 June 2021

 Effective 22 Jun 2021