

# SUN CITY WEST YOGA CLUB COVID-19 ONLINE CLASS SCHEDULE

| Sunday                                                                                           | Monday                                                                                      |                                                                                  | Tuesday                                                                                      | Wednesday                                                                                        |                                                              | Thursday                                                                                    | Friday                                                                                       | Saturday                                                                                    |
|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
|                                                                                                  |                                                                                             |                                                                                  |                                                                                              |                                                                                                  |                                                              |                                                                                             |                                                                                              | 7:30 AM - 8:30 AM                                                                           |
|                                                                                                  |                                                                                             |                                                                                  |                                                                                              |                                                                                                  |                                                              |                                                                                             |                                                                                              | Yoga HIIT - \$5<br>Advanced<br>Tami Aspeitia-Mastriona<br>Payment info in invitation        |
| 9:00 AM - 10:00 AM                                                                               | 8:30 AM - 9:30 AM                                                                           | 9:00 AM - 10:00 AM                                                               |                                                                                              | 9:00 AM - 10:00 AM                                                                               | 9:00 AM - 10:00 AM                                           |                                                                                             | 9:00 AM - 10:00 AM                                                                           |                                                                                             |
| Chair Yoga - Donation<br>Beginner<br>Peaches Sloan<br>Paypal                                     | Gentle Yoga - \$5<br>Beginner<br>Tami Aspeitia-Mastriona<br>Payment info in invitation      | Mat Yoga - Donation<br>Beginner/Intermediate<br>Chris Cavaletto<br>Paypal, Zelle |                                                                                              | Yoga Stretch & Roll -<br>Donation<br>All Levels<br>Chris Cavaletto<br>Paypal, Zelle              | Chair Yoga - Donation<br>Beginner<br>Peaches Sloan<br>Paypal |                                                                                             | Chair Yoga - Donation<br>Beginner<br>Peaches Sloan<br>Paypal                                 |                                                                                             |
|                                                                                                  | 10:00 AM - 11:00 AM                                                                         |                                                                                  |                                                                                              |                                                                                                  |                                                              |                                                                                             | 10:00 AM - 11:00 AM                                                                          |                                                                                             |
|                                                                                                  | Vinyasa Flow - \$5<br>Intermediate<br>Tami Aspeitia-Mastriona<br>Payment info in invitation |                                                                                  |                                                                                              |                                                                                                  |                                                              |                                                                                             |                                                                                              |                                                                                             |
| 12:00 PM - 1:00 PM                                                                               |                                                                                             |                                                                                  | 12:00 PM - 1:00 PM                                                                           | 12:00 PM - 1:00 PM                                                                               |                                                              |                                                                                             |                                                                                              | 12:00 PM - 1:00 PM                                                                          |
| Restorative Yoga - Donation<br>Beginner<br>Tami Aspeitia-Mastriona<br>Payment info in invitation |                                                                                             |                                                                                  | Yoga HIIT - \$5<br>Advanced<br>Tami Aspeitia-Mastriona<br>Payment info in invitation         | Gentle Yoga - Donation<br>Beginner<br>Tami Aspeitia-Mastriona<br>Payment info in invitation      |                                                              |                                                                                             |                                                                                              | Restorative Yoga - \$5<br>Beginner<br>Tami Aspeitia-Mastriona<br>Payment info in invitation |
|                                                                                                  | 2:00 PM - 3:00 PM                                                                           |                                                                                  |                                                                                              | 2:00 PM - 3:00 PM                                                                                |                                                              |                                                                                             |                                                                                              |                                                                                             |
|                                                                                                  | Qigong - Donation<br>Beginner<br>Jan Stittleburg<br>Payment info in invitation              |                                                                                  |                                                                                              | Vinyasa Flow - Donation<br>Intermediate<br>Tami Aspeitia-Mastriona<br>Payment info in invitation |                                                              |                                                                                             |                                                                                              |                                                                                             |
|                                                                                                  |                                                                                             |                                                                                  |                                                                                              |                                                                                                  |                                                              |                                                                                             | 4:00 PM - 5:00 PM                                                                            |                                                                                             |
|                                                                                                  |                                                                                             |                                                                                  |                                                                                              |                                                                                                  |                                                              |                                                                                             | Manadala Flow - \$5<br>Intermediate<br>Tami Aspeitia-Mastriona<br>Payment info in invitation |                                                                                             |
|                                                                                                  |                                                                                             |                                                                                  | 6:30 PM - 7:30 PM                                                                            |                                                                                                  |                                                              | 5:30 PM - 6:30 PM                                                                           |                                                                                              |                                                                                             |
|                                                                                                  |                                                                                             |                                                                                  | Manadala Flow - \$5<br>Intermediate<br>Tami Aspeitia-Mastriona<br>Payment info in invitation |                                                                                                  |                                                              | Vinyasa Flow - \$5<br>Intermediate<br>Tami Aspeitia-Mastriona<br>Payment info in invitation |                                                                                              |                                                                                             |

ALL CLASS TIMES ARE ARIZONA TIME (MOUNTAIN STANDARD TIME)

| Payment Information     | www.paypal.com            | www.venmo.com    | www.zellepay.com          |                                |
|-------------------------|---------------------------|------------------|---------------------------|--------------------------------|
|                         | smartphone app            | smartphone app   | smartphone app            |                                |
| Instructor              | Paypal ID                 | Venmo ID         | Zelle ID                  | Email Address                  |
| Chris Cavaletto         | chris.cavaletto@yahoo.com |                  | chris.cavaletto@yahoo.com | chris.cavaletto@yahoo.com      |
| Evon Rubenstein         | paypal.me/EvonRubenstein  |                  |                           | evon@a-path-to-balance.com     |
| Jan Stittleburg         | Payment info will follow  |                  |                           | harmony@qimovingmeditation.net |
| Lauri Martineau         | PayPal.Me/LauriMartineau  | @Lauri-Martineau | laurimartineau@gmail.com  | laurimartineau@gmail.com       |
| Tami Aspeitia-Mastriona | Payment info will follow  |                  |                           | tamischip@gmail.com            |
| Teri Undreiner          | paypal.me/TUndreinerYoga  |                  |                           | undreinerteri@gmail.com        |
| Peaches Sloan           | PayPal.me/PeachesLSloan   |                  |                           | SocratesSloan@gmail.com        |