

Center for Weight & Wellness EAST GREENWICH Exercise Class Schedule April 2019

Monday	Tuesday	Wednesday	Thursday	Saturday
1	2	3	4	6
4:00 - 5:00 Tai Chi Flow w/Austin	8:00 - 9:00 20/20/20 Mixed Class w/Austin	9:00 - 10:00 Chair Yoga w/Joanne	5:00 - 6:00 Tai Chi Flow w/Austin	10:00 - 11:00 Hatha Yoga w/ Joanne
6:00 - 7:00 Move it to Lose It w/Austin	10:00 - 10:45 Dyna-Band Dynamics w/Austin	11:00 - 12:00 - Move it to Lose It w/Austin	6:30 - 7:30 20/20/20 Mixed Class w/Austin	
8	9	10	11	13
	8:00 - 8:45 Forever Fit w/Austin	10:00 - 11:00 Hatha Yoga w/Joanne		9:00 - 10:00 20/20/20 Mixed Class w/Austin
4:00 - 4:45 Dyna-Band Dynamics w/Austin	10:30 - 11:30 Tai Chi Flow w/Austin	11:00 - 11:45 Dyna-Band Dynamics w/Austin	4:00 - 5:00 Tai Chi Flow w/Austin	10:00 - 11:00 Move it to Lose it w/Austin
6:00 - 7:00 Chair Yoga w/Joanne		6:00 - 7:00 20/20/20 Mixed Class w/Austin	6:30 - 7:30 Move it to Lose it w/Austin	
15	16	17	18	20
	8:00 - 9:00 20/20/20 Mixed Class w/Austin	8:00 - 8:45 Dyna-Band Dynamics w/Austin		10:00 - 11:00 Chair Yoga w/ Joanne
3:30 - 4:30 PM Tai Chi Flow w/Austin	10:00 - 11:00 Move it to Lose it w/Austin	9:00 - 10:00 Hatha Yoga w/Joanne	4:00 - 5:00 Forever Fit w/Austin	
6:30 - 7:30 Hatha Yoga w/Joanne		6:00 - 7:00 20/20/20 Mixed Class w/Austin	5:00 - 6:00 Move it to Lose it w/Austin	
22	23	24	25	27
	8:00 - 9:00 Tai Chi Flow w/Austin	8:00 - 8:30 30-Minute Abs & Back w/Austin		
	10:00 - 11:00 Forever Fit w/Austin	10:00 - 11:00 Chair Yoga w/Joanne	3:45 - 4:30 Dyna-Band Dynamics w/Austin	11:00 - 12:00 Hatha Yoga w/ Joanne
4:00 - 5:00 PM Move it to Lose It w/Austin		11:00 - 12:00 Tai Chi Flow w/Austin	5:00 - 5:30 30-Minute Abs & Back w/Austin	
6:00 - 7:00 Hatha Yoga w/Joanne		6:00 - 7:00 Move it to Lose It w/Austin	6:30 - 7:30 Forever Fit w/Austin	
29	30	1	2	3
4:00 - 5:00 20/20/20 Mixed Class w/Austin	8:15 - 9:00 Dyna-Band Dynamics w/Austin			
6:30 - 7:30 Chair Yoga w/Joanne	10:00 - 11:00 Forever Fit w/Austin			