

NOVEMBER YOGA SCHEDULE *ALSO ONLINE

The Club Hours: Mon.-Fri: 5a.m.- 9p.m. | Sat.-Sun: 7a.m.- 7p.m.

Kidzone hours: Mon.- Thur: 8a.m.-12p.m. & 4pm-7pm | Fri.- Sat: 8a.m.-12p.m.

Phone: (912) 638.5600 Website: www.theclubssi.com

\$25 non-member drop in rate



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 Awakenings Yoga Yoga 1 Martha/ 45 mins	6:30 Hot Yoga Yoga 2/ Multi-level Marcia	6:30 Awakenings Yoga Yoga 1 Marcia/ 45 mins	6:30 Hot Yoga Yoga 2/ Multi-level Jonny/ 45 mins	6:30 Awakenings Yoga Yoga 1 Connie/ 45 mins	8:30 Open Flow Yoga 1/ Multi-level Anne C/ Ali/ 75 mins
8:15 Yoga Yoga 1/ Multi-level Ali	8:00 Barre Studio 2 Angie/ 30 mins	8:15 Power Flow Yoga 1/ Advanced Robin	8:00 Barre Studio 2 Angie/ 30 mins	8:15 Baptiste Flow Yoga 1/ Intermediate Lawanda	9:00 Hot Yoga Yoga 2/ Multi-level Susanne/ 75 mins
9:30 Hot Yoga Yoga 2/ Advanced Tannis	8:15 Open Flow Yoga 1/ Multi-level Robin	9:30 Mat Pilates Studio 2/ Multi-level Yolanda/ 45 mins	8:15 Open Flow Yoga 1/ Multi-level Robin	9:30 Mat Pilates Studio 1/ Multi-level Joy/ 45 mins	10:30 Hot Slow Flow Yoga 2/ Multi-level Hannah
9:30 Mat Pilates Studio 1/ Multi-level Jessica/ 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Stretch 101 Yoga 1/ Multi-level Shelly/ 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Stretch 101 Yoga 1/ Multi-level Yolanda/ 45 mins	SUNDAY
9:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	10:15 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	10:15 Hot Yoga Yoga 2/ Advanced Mandy/ 75 mins	10:15 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	10:15 Hot Yoga Yoga 2/ Advanced Ali/ 75 mins	
10:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	11:30 Yin Yoga Yoga 1/ Multi-level Janita/ 75 mins	4:00 Gentle Practice Yoga Yoga 1/ Level 1 Janita	11:30 HartYoga Yoga 1/ Multi-level John H.	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	8:30 Hot Yoga Yoga 2/ Multi-level Anne C/ 75 mins
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	5:15 Hot Yoga Yoga 2/ Multi-Level Robin	5:30 Hot Yoga Yoga 2/ Advanced Hannah/ 75 mins	4:30 Barre Fusion Studio 2/ Advanced Jessica/ 45 mins	5:15 Hot Yoga Yoga 2/ Multi-level Ali	10:30 Hot Slow Flow Yoga 2/ Multi-level Susanne/ Hannah/ Julie
5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins	5:30 Restorative Yoga 1/ Multi-level Susanne / 75 mins	5:30 Mat Pilates Studio 2/ Multi-level Jessica/ 45 mins	5:30 Hot Yoga Yoga 2/ Advanced Jordan/ 75 mins		4:30 Simply Sunday** Yoga 1/ Multi-level Staff **Last Sunday of the month is taught by Lauren Prince featuring LIVE MUSIC!
5:30 Mat Pilates Studio 2/ Multi-level Roxana/ 45 mins		6:00 Yoga Yoga 1/ Multi-level Connie	6:00 Yin Yoga Yoga 1/ Multi-level Anne G. / Anne C. 75 mins		
6:00 Yoga Yoga 1/ Multi-level Anne G.					

Thanksgiving Hours

7:00am—10:00am

8:30am—Cycle, Yoga and ZUMBA!

THE Clouds YOGA CENTER

PRENATAL YOGA 8 WEEK SERIES
Hosted by April McEwen

Free Demo Class:
Nov 5
Series Dates:
Nov 12, 19
Dec 3, 10, 17
Jan 7, 14, 21
Class Times:
3p.m.-4p.m.

\$120 members and non members OR \$20 per class.
See front desk for details.
2929 Demere Road, SSI GA 31522