

SCC YOGA SCHEDULE MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:15 <i>Fun Flow</i> <i>(Sue)</i>	8:00-9:15 <i>Mindful Yoga</i> <i>(Christy)</i>	9:00-10:00 <i>Soul Flow</i> <i>(Leyla)</i>	8:00-9:15 <i>Mindful Yoga</i> <i>(Christy)</i>	8:00-9:15 <i>Fun Flow</i> <i>(Sue)</i>
10:00-11:00 <i>Soul Flow</i> <i>(Leyla)</i>		11:00-12:15 <i>Chair Yoga</i> <i>(Debbie)</i>	10:00-11:15 <i>Chair Yoga</i> <i>(Vicki)</i>	11:00-11:25 <i>Chair Yoga</i> <i>(Debbie)</i>
	1:00-2:15 <i>Yin and</i> <i>Singing Bowls</i> <i>(Diane)</i>	1:00-2:15 <i>Gentle Yoga</i> <i>(Teri)</i>		