

Studio Sway

Weekly Nia* Class Schedule

*Unless otherwise noted

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
7:15 AM					Beth (45 min.)		
7:30 AM						Kristine	
9:00 AM			Judy: Mindful Movement				
9:15 AM						Beth	
9:30 AM		Ana		Ana			
12:00 PM			Sarah				Sway Sundays
12:30 PM						Intro to Nia	
5:30 PM	Erin/Sarah (Alternating)		Mary Ann: Belly Dance (1hr 15 min)		Pam and Elizabeth		
5:45 PM		Diane		Beth			
6:45 PM	Beth						
7:00 PM			Erin				

Schedule is subject to change.

Please see our calendar online (www.studiosway.com) for the most up-to-date information.