

# Studio Sway Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Sarah		Sarah				
7:30 AM						Kristine	
8:00 AM							
8:30 AM					Beth		
9:00 AM			Judy. Mindful			Beth (9:15 AM)	
9:30 AM		Ana	Movement	Ana			
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							Sway Sundays
12:30 PM						Intro to Nia	
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Erin	Diane (5:45 pm)	Mary Ann	Beth (5:45pm)			
6:00 PM			Belly Dance				
6:30 PM	Beth (6:45pm)		1 hr 15 min				
7:00 PM			Erin				
7:30 PM							

**Schedule is subject to change.**

**Please see our calendar online ([www.studiosway.com](http://www.studiosway.com))**

**for the most up-to-date information.**