

Mind Body Movement Classes

Haven on the Lake Regular Hours of Operation
Effective February 6, 2016

Mon-Fri, 6am-10pm • Sat-Sun, 7am-7pm

KidSpace Regular Hours of Operation

Mon-Fri, 9am-9pm • Sat-Sun, 8:30am-4pm



MON	TUE	WED	THU	FRI	SAT	SUN
7am • Power Hour Yoga Gabrielle 55 min	8:45am • Barre Essence Ronda	7am • Power Hour Yoga Shayna	8am • Haven TRX Sabine 40 min	9:30am • Hot Vinyasa Flow Danielle	8am • Hot Vinyasa Flow Stella 90 min	8am • Hot Vinyasa Flow Krysta 75 min
8:05am • Mat Challenge Pat	9:30am • Hot Yoga Krysta	9:05am • Yoga Wall Ling	8:45am • Barre Essence Sabine	9:30am • Barre Essence Pat	8am • Haven TRX Sabine 40 min	8:45am • Yoga Wall and Meditation Anju
8am • Rejuvenate Your Spine Yoga Wall Olga 75 min	10am • Haven TRX Tahis 40 min	9:30am • Mat Enhanced Susan	9:30am • Hot Yoga Kerri	10:30am • Aqua Yoga Lue 45 min	8:45am • Barre Essence Sabine 40 min	9:30am • Haven Yoga I Ling
9:30am • Hot Vinyasa Flow Krysta	10:45am • Pilates Launch Arielle 45 min	10:30am • Aqua Fusion Linda	10am • Haven TRX Evin 40 min	10:45am • Haven Yoga I Bonnie	9:30am • Mat Essentials Vicki 40 min	10:15am • Barre Essence Susan
9:30am • Barre Essence Evin	10:45am • Haven Yoga II Rimmi 75 min	10:45am • Haven Yoga I Heather	10:45am • Barre Pilates Evin	10:45am • Mat Enhanced Karen	10am • Power Hour Yoga Gabrielle	10:30am • Indoor Balance Board Yoga Ling
10:30am • Aqua Yoga Lue	4:45pm • Haven Yoga I/II Julia 75min	12pm • Haven Yoga I/II Arielle 45 min	10:45am • Haven Yoga II Bonnie 75 min	12pm • QiGong Felicia	10:15am • Aqua Yoga Jennifer 45 min	11:45am • Power Hour Yoga Shayna
10:45am • Mat Enhanced Karen	6:15pm • Barre Pilates Susan	4:45pm • Barre Pilates Vicki	12pm • Aqua Barre Megan	6pm • Barre Yoga Ling	7pm • Flow and Restore Yoga Ling	
10:45am • Haven Yoga I Jacqueline	6:15pm • Power Hour Yoga Ling	5pm • Tai Chi Mei Ji	6:15pm • Piloxing® Barre Christine 45 min	7pm • Flow and Restore Yoga Ling	10:15am • Barre Essence Evin 50 min	<p>Small group and private Pilates, yoga, aqua, TRX and barre sessions are available please email HOL@ColumbiaAssociation.org.</p>
12pm • Haven Yoga I/II Jennifer 45 min	6:30pm • Aqua Tai Chi David 45min	6pm • Aqua Fusion Vicki	6:15pm • Haven Yoga I/II Gabrielle 70 min		10:30am • Reformer Launch Vicki	
6:15pm • Haven Yoga I Olga 75 min	7:30pm • Haven TRX Tahis 55min	6pm • Haven TRX Dan 45 min	6:30pm • Aqua Fusion Linda 45 min		11:15am • Flow and Restore Yoga Jennifer	<p>Refresh and Restore members may register for classes 72 hours in advance (an additional fee may be required). Revive and Rejuvenate members may register for classes one week in advance. For updated schedule, class descriptions and to register for classes online visit HavenontheLake.org.</p>
6:15pm • Barre Essence Ronda 50 min		6:15pm • Baby Bliss Prenatal Yoga Kelly Registration Required. Free to Revive and Rejuvenate Members.	7:30pm • Haven TRX Dan 55 min		11:15am • Haven TRX Evin	
7:45pm • Flow and Restore Yoga Krysta		7pm • Yoga Wall Rimmi			12:15pm • Rejuvenate Your Spine Yoga Wall Ling	
		7:45pm • Hot Vinyasa Flow Rodger			12:15pm • Meditation Jen 30 min	

Aqua
Barre
Internal Energy
Pilates
Yoga
Haven TRX

• All classes are 60 minutes unless otherwise stated Class/Instructor's schedules subject to change