



THE WEST SPA WELLNESS CLASSES OCTOBER 2019

TIME CHANGE! Please note our new FALL YOGA TIME on Tuesdays & Thursdays.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 a.m. Vinyasa Flow with Anna	2 6:00 p.m. T'ai Chi with Steve	3 10:00 a.m. Vinyasa Flow with Anna	4 10:00 a.m. Barre Mix with Anna	5
6	7 6:00 p.m. T'ai Chi with Steve	8 10:00 a.m. Vinyasa Flow with Anna	9 6:00 p.m. T'ai Chi with Steve	10 10:00 a.m. Vinyasa Flow with Anna	11	12
13	14 6:00 p.m. T'ai Chi with Steve	15 10:00 a.m. Vinyasa Flow with Anna	16 6:00 p.m. T'ai Chi with Steve	17 10:00 a.m. Vinyasa Flow with Anna	18	19 9:00 a.m. Kardio Karve with Cali
20	21 6:00 p.m. T'ai Chi with Steve	22 10:00 a.m. Vinyasa Flow with Anna	23 6:00 p.m. T'ai Chi with Steve	24 10:00 a.m. Vinyasa Flow with Anna	25	26
27	28 6:00 p.m. T'ai Chi with Steve	29 10:00 a.m. Vinyasa Flow with Anna	30 6:00 p.m. T'ai Chi with Steve	31 10:00 a.m. YogaWeen with Anna *Dress up for class!		

Class pricing and details online. Please provide payment at The West Spa prior to class.



www.oglebay.com/the-west-spa • 304 243 4130

