

The Motherhood Center: Yoga + Fitness Schedule

3701 W Alabama St Suite #230 Houston TX 77027 Phone (713)963-8880 www.motherhoodcenter.com

3701 W. Alabama (& Timmons), Suite 230, Houston, TX 77027

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 – 9:45am Mom & Crawlers/Walkers FITNESS & YOGA Michelle				
9:00 - 9:45am Mommy Fitness BOOTCAMP *	9:15 – 10:15am PRENATAL YOGA Marjie	9:00 - 9:45am Mommy Fitness BOOTCAMP *	9:15 – 10:15am PRENATAL YOGA Marjie	9:00 - 9:45am Mommy Fitness BOOTCAMP *	9:00 – 10:00am PRENATAL FITNESS
10:00 - 11:00am PRENATAL YOGA Molly	10:30 – 11:15am Mom & baby Yoga Molly	10:00 – 10:45am Mom & Baby FITNESS & YOGA Michelle	10:30 – 11:15am Mom & Baby Yoga Christina	10:30 – 11:30am PRENATAL YOGA/PILATES Marjie	10:15 – 11:15am PRENATAL YOGA Simone
11:15 – 12:00pm Mom & Baby Yoga Molly	4:45 – 5:45pm PRENATAL FITNESS Sarah	11:00 – 12:00pm PRENATAL YOGA Michelle	4:30 - 5:30pm PRENATAL YOGA Michelle		11:30 – 12:15pm Mom & baby Yoga Simone
5:45 – 6:45pm PRENATAL YOGA Marjie	6:00 - 7:00pm PRENATAL YOGA Molly	5:45 – 6:45pm PRENATAL YOGA Karen	5:45 – 6:45pm PRENATAL YOGA & FITNESS Sarah		

\$15/class

\$70/5 class pass

\$130/10 class pass

\$240/20 class pass

** Pre-registration for BOOTCAMP, KID & FAMILY YOGA is required, please see website or call for more detail*