

# The Motherhood Center: **Yoga + Fitness Schedule**

713-963-8880

www.motherhoodcenter.com

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30 – 8:30am <b>CORE YOGA/ PILATES</b> Marjie		7:30 – 8:30am <b>CORE YOGA/ PILATES</b> Marjie	9:15-10:15 am <b>CORE YOGA/ PILATES</b> Marjie	
9:00 - 9:45am <b>Mommy Fitness BOOTCAMP *</b>	9:15 – 10:15am <b>PRENATAL YOGA</b> Marjie	9:00 - 9:45am <b>Mommy Fitness BOOTCAMP *</b>	9:15 – 10:15am <b>PRENATAL YOGA</b> Marjie	9:00 - 9:45am <b>Mommy Fitness BOOTCAMP *</b>	9:00 – 10:00am <b>PRENATAL FITNESS</b>
10:00 - 11:00am <b>PRENATAL YOGA</b> Molly	10:30 – 11:15am <b>Mom &amp; baby Yoga</b> Molly	10:00 – 10:45am <b>Mom &amp; Baby FITNESS &amp; YOGA</b> Michelle	10:30 – 11:15am <b>Mom &amp; Baby Yoga</b> Christina	10:30 – 11:30am <b>PRENATAL YOGA/PILATES</b> Marjie	10:15 – 11:15am <b>PRENATAL YOGA</b> Michelle
11:15 – 12:00pm <b>Mom &amp; Baby Yoga</b> Molly	11:30 – 12:15pm <b>Fitness w/ crawlers to walkers</b> Becki	11:00 – 12:00pm <b>PRENATAL YOGA</b> Michelle	4:30 - 5:30 <b>PRENATAL YOGA</b> Michelle		11:30 – 12:15pm <b>Mom &amp; baby Yoga</b> Michelle
5:45 – 6:45pm <b>PRENATAL YOGA</b> Marjie	6:00 - 7:00pm <b>PRENATAL YOGA</b> Molly	5:45 – 6:45pm <b>PRENATAL YOGA</b> Jessica	5:45 – 6:45pm <b>PRENATAL FITNESS &amp; YOGA</b> Michelle		

**\$15/class**

**\$70/5 class pass**

**\$130/10 class pass**

**\$240/20 class pass**

**\* Pre-registration for BOOTCAMP is required, please see website or call for more detail**