



STRESS FREE
ZONE

Stress Free Zone October 2019 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00-12:00p.m.	Walk In Hours / Relaxation Stations	Walk In Hours / Relaxation Stations	Walk In Hours / Relaxation Stations	Walk In Hours / Relaxation Stations	Walk In Hours / Relaxation Stations
12:00-1:00p.m.		CLOSED for SFZ Staff Meeting 12:00-1:00p.m.		Mindful Moment 12:30-1:00p.m.	
1:00-2:00p.m.		Walk In Hours / Relaxation Stations		Walk In Hours / Relaxation Stations	
2:00-3:00p.m.	Mindful Moment 2:00-2:30p.m.		Mindful Moment 2:00-2:30p.m.		Yoga Teacher: Adina 2:00-3:00p.m.
3:00-4:00p.m.	Walk In Hours / Relaxation Stations		Walk In Hours / Relaxation Stations		CLOSE AT 3:00P.M. ON FRIDAYS
4:00-5:00p.m.	Yoga Teacher: Jess 4:00-5:00p.m.				
5:00-6:00p.m.	Walk In Hours / Relaxation Stations	Mindful Moment 5:00-5:30p.m.	Yoga Teacher: Holly 5:00-6:00p.m.	Yoga Teacher: Jasmine 5:00-6:00p.m.	
6:00-7:00p.m.		Walk In Hours / Relaxation Stations	Walk In Hours / Relaxation Stations	Walk In Hours / Relaxation Stations	
7:00-8:00p.m.		Yoga Teacher: Lauren 7:00-8:00p.m.		Yoga Teacher: Shawn 7:00-8:00p.m.	