

The Ed & Phyllis Davis Wellness Institute

Studio Schedule

	Hampton Bays		Stony Brook Southampton Hospital	
Monday	Barre 7:30 am	Body Sculpt 9:15 am	Functionally Fit 1:30 pm	Level 1 Yoga 3:30 pm
Tuesday	Pilates 8 am	Core & Tone 9:30 am	Chair Yoga 11 am	Core X 6 pm
Wednesday	Barre 7:30 am	Cardio Fusion 8:30 am	Back Care 1:30 pm	Core & Tone 9:30 am <i>(Virtual Only)</i>
Thursday	Pilates 8 am	Boxing 9:15 am	Chair Yoga 11 am	Pilates 4:30 pm
Friday	Interval 8:30 am	Tai Chi 11:30 am	Mindful Movement 12:15 pm	

