



Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mindful Movement	Mindful Movement	Mindful Movement	Mindful Movement	
9:15-10:00 AM Angela	9:15-10:00 AM Robin	9:15-10:00 AM Bonnie	9:15-10:00 AM Bonnie	
Mindful Movement		Mindful Movement		
10:30-11:15 AM Angela		10:30-11:15 AM Robin		
	Mindful Movement	Mindful Movement	Mindful Movement	
	12:15-1:00 PM Bonnie	12:15-1:00 PM Kristy	12:15-1:00 PM Angela	
Functional Performance	Mindful Movement	Functional Performance	Mindful Movement	
4:15-5:00 PM Lindsay	4:15-5:00 PM Brenda	4:15-5:00 PM Shiho	4:15-5:00 PM Kristy	

5.2.22

More information on the B.A.S.E. Camp program is available in the brochure or under the Programs tab on our website.

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