

Native Way Two Weekly Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yoga w/Regina 8:00 to 9:00 am Tai Ji: Moving for Better Balance w/Marlene 11:00am to 12:00pm Strength & Conditioning Class w/Marlene 5:15pm to 6:15pm	Pilates w/ Marlene 8am to 9am Tae Kwon Do 6:00 to 6:30 pm beginner 6:30 to 7:30 pm advanced	Jiu Jitsu 6:00 to 7:00 pm	Yoga w/ Regina 8:00 to 9:00 am HIIT (High Intensity Interval Training) w/Marlene 4pm to 5pm Tae Kwon Do 6:00 to 6:30 pm beginner 6:30 to 7:30 pm advanced		

If LTBB governmental offices are closed for the day all Native Way classes will be cancelled. If the weather is uncertain call LTBB Community Health at (231)242-1601 before 9:00 am for class updates; otherwise please err on the side of caution and stay home if you are not sure. If you would like to participate in Tae Kwon Do, Boxing or Jiu Jitsu, please call 231-242-1700 and leave a message for Dr. Terry Samuels prior to attending.

Native Way is located off the Harbor-Conway Road at
8730 East Commerce Court, Units 7 and 8,
Harbor Springs MI 49740