



JOIN US ON ZOOM

WEEKLY SCHEDULE

Mondays: 5:15 p.m. Gentle Flow (Jen)

Tuesdays: 12:30 p.m. FOG Yoga (Jamie)

5:30 p.m. Hatha Flow (Amanda)

Wednesdays: 6:00 p.m. Hatha Flow (Simona)

Thursdays: 6:00 p.m. Gentle Yoga (Jamie)

Fridays: 4:00 p.m. Community Class (Jen)

6:30 p.m. Restorative Yoga (Cindy)

Saturdays: 10:45 a.m. Gentle Yoga (Sherrie)

Sundays: 10:00 a.m. Any Body Yoga (Cindy)

