



February 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am Gentle yoga Andrea			5:30am Barre Intensity Tabitha	5:30am Shore Heat (Warm Yoga) Susan 2/1,2/15 Heather 2/8,2/22	8:30am Barre Intensity 2/16 Buti Yoga 2/9,2/23 Courtney <i>No Class 2/2</i>	
10:35am Vinyasa Flow Courtney	9am Rock Your Flow Courtney	9:45am Body Flow Tami	8:30am Gentle Yoga Courtney	9:30am Shore Zen Shred Courtney	9:30am Shore Heat (warm yoga) 2/9,2/23 Courtney <i>No Class 2/2</i>	9:35am Body Flow Susan Vinyasa 2/24 Rosie
4:30pm PiYo 2/11,2/25 Mat Pilates 2/4,2/18			9:30am PIYO Tami Vinyasa Cinzia <i>No Class 2/7,2/28</i>	10am Buti Yoga Courtney	10:35am Restorative For All Betsy <i>No Class 2/2,2/23</i>	
5pm LesMills Barre Lindsay Barre Tabitha 2/11	5:30pm Shore Zen Shred Courtney Tami 2/26	4:30pm Vinyasa Flow Courtney	4:45pm-5:15pm Shore Zen Meditation Cinzia	10:35am Body Flow Tami Vinyasa 2/8,2/22	<p>February Events!!!</p> <p>DIY MALA 2/1 ZENNIVERSARY 2/2</p> <p>NEW Fri-Yay Flows!</p> <p>Palentines 2/15</p> <p>New 6 Week Wednesday Night Series: Support Your Practice w/Betsy Starting 2/20</p> <p>NEW CLASS: Shore Zen Meditation with Cinzia on Thursdays from 4:45pm-5:15pm</p>	
5:30pm Buti Yoga Lauren	6pm Barre Jerry	5:30pm 6 Week Tai-Chi Series (ends 2/13) Robby	5:30pm BUTI Yoga Courtney	Fri-Yay Flow 2/1 @ 5:30pm DIY Mala 2/8 @ 5pm Free Movement 2/15 @5:00pm Palentines 2/22 @ 5 pm Flow, Read & Reflect PT 2 Living Your Yoga		
6:30pm YIN Heather	6:30pm Body Flow Heather	NEW SUPPORT YOUR PRACTICE Starts 2/20 Betsy	6:30pm Warm Yin/Yang Heather			