

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM			5:30 am - 6:30 am Private Session		5:30 am - 6:30 am Private Session		
6:00 AM							
6:30 AM	6:30 am - 7:30 am Private Session	6:30 am - 7:30 am Private Session	6:30 am - 7:30 am Body Circuit Training	6:30 am - 7:30 am Private Session	6:30 am - 7:30 am Body Circuit Training		
7:00 AM							
7:30 AM	7:30 am - 8:30 am Private Session	7:30 am - 8:30 am Private Session	7:30 am - 8:30 am Private Session	7:30 am - 8:30 am Private Session	7:30 am - 8:30 am Private Session		
8:00 AM							
8:30 AM	8:30 am - 9:30 am Slow Flow Yoga	8:30 am - 9:30 am Slow Flow Yoga	8:30 am - 9:30 am Private Session	8:30 am - 9:30 am Core on the Floor	8:30 am - 9:30 am Private Session	8:30 am - 9:30 am Core on the Floor	
9:00 AM							
9:30 AM							
10:00 AM	10:00 am - 11:00 am Core on the Floor			10:00 am - 11:00 am Mommy and Me Yoga		10:00 am - 11:00 am Slow Flow Yoga	11:00 am - 12:00 pm Community Yoga
10:30 AM							
11:00 AM							
11:30 AM						11:30 am - 12:30 pm Family Yoga and Meditation	
12:00 PM		12:00 pm - 1:00 pm Into the Deep (Stretch)	12:00 pm - 1:00 pm Private Session	12:00 pm - 1:00 pm Slow Flow Yoga			
12:30 PM							
1:00 PM		1:00 pm - 2:00 pm Private Session	1:00 pm - 2:00 pm Private Session	1:00 pm - 2:00 pm Private Session		BOOK YOUR SPECIAL EVENT!!!	BOOK YOUR SPECIAL EVENT!!!
1:30 PM							
2:00 PM		2:00 - 3:00 pm Private Session	2:00 - 3:00 pm Private Session	2:00 - 3:00 pm Private Session			
2:30 PM							
3:00 PM	3:00 pm - 4:00 pm Family Yoga and Meditation		3:00 pm - 4:00 pm Into the Deep (Stretch)		3:00 pm - 4:00 pm Private Session		
3:30 PM							
4:00 PM							
4:30 PM	4:30 pm - 5:30 pm Slow Flow Yoga		4:30 pm - 5:30 pm Women's Wellness		4:00 pm - 6:30 pm Teens Only Social, Yoga, and Meditation (grades 6 - 12)	BOOK YOUR SPECIAL EVENT!!!	BOOK YOUR SPECIAL EVENT!!!
5:00 PM							
5:30 PM							
6:00 PM	6:00 pm - 7:00 pm Into the Deep (Stretch)		6:00 pm - 7:00 pm Family Yoga and Meditation				
6:30 PM							
7:00 PM		7:00 pm - 8:00 pm Core on the Floor		7:00 pm - 8:00 pm Core on the Floor	7:00 pm - 10:00 pm Young Adults Social, Yoga, and Meditation (ages 16 - 20)	7:00 pm - 10:00 pm Adults Only Social, Yoga, and Meditation (ages 21 and up)	
7:30 PM							
8:00 PM							
8:30 PM		8:30 pm - 9:30 pm Candlelight Yoga and Meditation		8:30 pm - 9:30 pm Candlelight Yoga and Meditation			
9:00 PM							
9:30 PM							
10:00 PM							