



# WEEK at a glance

**TEMPORARY**

Mon	Full Flex Day	
Tue	Flex	<b>Vinyasa Flow (All-Levels)</b> @ 6:00pm
Wed	Flex	<b>**Gentle Flow (Full Body Stretch)</b> @ 6:00pm <b>**Power Flow</b> @ 6:00pm
Thurs	Flex	<b>Core Blaster / Mat Pilates</b> (45 min intensive) @ 5:30pm
Fri	Flex	<b>Deep Yin + Wine-Down Restore</b> @ 6:30pm <i>Fertility Consults @ 5:30pm via Zoom</i>
Sat	<b>Fertility Yoga</b> (45 min intensive) @ 10:15am <i>Fertility Consults @ 11:30am via Zoom</i>	no evening classes
Sun	<b>**Couples Connect</b> @ 11:15am <i>Fertility Consults @ 4:00pm via Zoom</i>	no evening classes

Flex = avail for private or scheduled fertility program classes

Asterisks = \*\* > subject to change/rotate or bi-weekly