



FREE SPIRIT SCHEDULE

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M STUDIO	M GYM	T STUDIO	T GYM	W STUDIO	W GYM	TH STUDIO	TH GYM	F STUDIO	F GYM	SA STUDIO	SA GYM	SU STUDIO	SU GYM
SPIRIT FLOW 7:00 am - 8:00 am		SPIRIT IGNITE 7:00 am - 8:00 am		SPIRIT FLOW 7:00 am - 8:00 am	SPIRIT WARRIOR 7:00 am - 8:00 am	SPIRIT IGNITE 7:00 am - 8:00 am		SPIRIT FLOW 7:00 am - 8:00 am	SPIRIT WARRIOR 7:00 am - 8:00 am				
OPEN STUDIO 8:00 am - 9:00 am	OPEN GYM 8:00 am - 10:30 am	OPEN STUDIO 8:00 am - 9:00 am	OPEN GYM 8:00 am - 10:30 am	OPEN STUDIO 8:00 am - 9:00 am	OPEN GYM 8:00 am - 10:30 am	OPEN STUDIO 8:00 am - 9:00 am	OPEN GYM 8:00 am - 10:30 am CHILD CARE 9:00 am - 10:15 am FAMILY YOGA 4-Week Series 2/28 - 3/21 9:30 am - 10:15 am	OPEN STUDIO 8:00 am - 9:00 am	OPEN GYM 8:00 am - 10:30 am	SPIRIT STRENGTH 8:00 am - 9:00 am			SPIRIT WARRIOR 8:00 am - 9:00 am
SPIRIT IGNITE 9:15 am - 10:15 am	CHILD CARE 9:00 am - 10:15 am	SPIRIT FLOW 9:15 am - 10:15 am	CHILD CARE 9:00 am - 10:15 am	SPIRIT IGNITE 9:15 am - 10:15 am	CHILD CARE 9:00 am - 10:15 am	SPIRIT FLOW 9:15 am - 10:15 am		SPIRIT STRENGTH 9:15 am - 10:15 am	CHILD CARE 9:00 am - 10:15 am	SPIRIT FLOW 9:15 am - 10:30 am	TODDLER OPEN PLAY 9:00 am - 10:45 am	SPIRIT STRONG FLOW 9:15 am - 10:30 am	TODDLER OPEN PLAY 9:00 am - 10:45 am
SPIRIT STRENGTH 10:30 am - 11:30 am	HOME SCHOOL OPEN PLAY 10:30 am - 1:00 pm	SPIRIT GENTLE FLOW 10:30 am - 11:45 am	TODDLER OPEN PLAY 10:30 am - 12:30 am	SPIRIT STRENGTH 10:30 am - 11:30 am	TODDLER OPEN PLAY 10:30 am - 12:30 am	SPIRIT GENTLE FLOW 10:30 am - 11:45 am	TODDLER OPEN PLAY 10:30 am - 12:30 am	PRENATAL YOGA 10:30 am - 11:45 am	TODDLER OPEN PLAY 10:30 am - 12:30 am	SPIRIT STRONG FLOW 10:45 am - 11:45 am	KIDS NINJA TRAINING 8-Week Series 2/16 - 4/13 10:45 am - 11:45 am	SPIRIT IGNITE 10:45 am - 11:45 am	NANO-NINJAS 8-Week Series 2/17 - 4/14 10:45 am - 11:45 am
SPIRIT STRONG FLOW 12:00 am - 1:00 pm		SPIRIT IGNITE 12:00 am - 1:00 pm		SPIRIT FLOW 12:00 am - 1:00 pm		SPIRIT IGNITE 12:00 am - 1:00 pm		MOM + BABY YOGA 12:00 am - 1:00 pm					
OPEN STUDIO 1:00 pm - 3:00 pm	OPEN GYM 1:00 pm - 3:00 pm	OPEN STUDIO 1:00 pm - 3:00 pm	OPEN GYM 1:00 pm - 3:00 pm	OPEN STUDIO 1:00 pm - 3:00 pm KIDS YOGA 4-Week Series 2/27 - 3/20 3:00 pm - 4:00 pm	KIDS NINJA TRAINING 8-Week Series 2/13 - 4/10 2:30 pm - 3:30 pm	OPEN STUDIO 1:00 pm - 3:00 pm	OPEN GYM 1:00 pm - 3:00 pm	SPIRIT VIN-YIN 1:30 pm - 2:45 pm	OPEN GYM 1:00 pm - 3:00 pm			OPEN STUDIO 12:00 pm - 4:00 pm	
SPIRIT IGNITE 4:15 pm - 5:15 pm		SPIRIT FLOW 4:15 pm - 5:15 pm	NANO-NINJAS 8-Week Series 2/12 - 4/09 4:15 pm - 5:15 pm	SPIRIT IGNITE 4:15 pm - 5:15 pm		SPIRIT FLOW 4:15 pm - 5:15 pm	KIDS NINJA TRAINING 8-Week Series 2/14 - 4/11 4:15 pm - 5:15 pm	SPIRIT RESTORE 4:15 pm - 5:30 pm					
SPIRIT FLOW 5:30 pm - 6:45 pm	KIDS OPEN PLAY 3:30 pm - 8:00 pm	SPIRIT STRENGTH 5:30 pm - 6:30 pm	KIDS NINJA TRAINING 8-Week Series 2/12 - 4/09 5:30 pm - 6:30 pm	SPIRIT STRONG FLOW 5:30 pm - 6:45 pm	KIDS OPEN PLAY 3:30 pm - 8:00 pm	SPIRIT STRENGTH 5:30 pm - 6:30 pm	KIDS NINJA TRAINING 8-Week Series 2/14 - 4/11 5:30 pm - 6:30 pm		KIDS OPEN PLAY 3:30 pm - 8:00 pm				
OPEN STUDIO 6:45 pm - 8:00 pm		ROTATING 101 4-Week Series 6:45 pm - 7:45 pm	KIDS OPEN PLAY 6:30 pm - 8:00 pm	OPEN STUDIO 6:45 pm - 8:00 pm		SPIRIT VIN-YIN 6:45 pm - 8:00 pm	KIDS OPEN PLAY 6:30 pm - 8:00 pm	OPEN STUDIO 5:30 pm - 8:00 pm					