



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
YOGA FLOW 7:00 am - 8:00 am		SPIRIT CARDIO 7:00 am - 8:00 am		YOGA FLOW 7:00 am - 8:00 am	SPIRIT WARRIOR 7:00 am - 8:00 am	SPIRIT CARDIO 7:00 am - 8:00 am		YOGA FLOW 7:00 am - 8:00 am	SPIRIT WARRIOR 7:00 am - 8:00 am	SPIRIT STRENGTH 8:00 am - 9:00 am			SPIRIT WARRIOR 8:00 am - 9:00 am
SPIRIT CARDIO 9:15 am - 10:15 am	CHILD CARE 9:00 am - 1:00 pm + TODDLER OPEN PLAY 10:30 am - 12:30 am	YOGA FLOW 9:15 am - 10:15 am	CHILD CARE 9:00 am - 10:15 pm	SPIRIT CARDIO 9:15 am - 10:15 am	CHILD CARE 9:00 am - 1:00 pm	YOGA FLOW 9:15 am - 10:15 am	CHILD CARE 9:00 am - 10:15 pm	SPIRIT STRENGTH 9:15 am - 10:15 am	CHILD CARE 9:00 am - 1:00 pm	YOGA FLOW 9:15 am - 10:15 am	TODDLER OPEN PLAY 9:00 am - 10:45 am	YOGA 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		YOGA 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	YOGA 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	YOGA STRONG FLOW 10:45 am - 11:45 am	KIDS NINJA TRAINING 8-Week Series 10:45 am - 11:45 am	SPIRIT CARDIO 10:45 am - 11:45 am	NANO-NINJAS 8-Week Series 10:45 am - 11:45 am
YOGA STRONG FLOW 12:00 am - 1:00 pm		SPIRIT CARDIO 12:00 am - 1:00 pm	CHILD CARE 12:00 pm - 1:00 pm	YOGA FLOW 12:00 am - 1:00 pm	SPIRIT CARDIO 12:00 am - 1:00 pm	CHILD CARE 12:00 pm - 1:00 pm	MOM + BABY YOGA 12:00 am - 1:00 pm			BIRTHDAY PARTIES RESERVATION REQUIRED 12:00 pm - 2:00 pm		BIRTHDAY PARTIES RESERVATION REQUIRED 12:00 pm - 2:00 pm	
ADULT OPEN STUDIO 1:00 pm - 3:00 pm		ADULT OPEN STUDIO 1:00 pm - 3:00 pm		ADULT OPEN STUDIO 1:00 pm - 3:00 pm	KIDS OPEN PLAY 1:00 pm - 2:30 pm		VIN-YIN YOGA 1:30 pm - 2:45 pm						
PRIVATES PERSONAL TRAINING 3:00 pm - 4:00 pm	KIDS OPEN PLAY 1:00 pm - 7:00 pm	PRIVATES PERSONAL TRAINING 3:00 pm - 4:00 pm	KIDS OPEN PLAY 1:00 pm - 4:15 pm	KIDS YOGA 4-Week Series 3:00 pm - 4:00 pm	KIDS NINJA TRAINING 8-Week Series 2:30 pm - 3:30 pm	PRIVATES PERSONAL TRAINING 3:00 pm - 4:00 pm	KIDS OPEN PLAY 1:00 pm - 4:15 pm	PRIVATES PERSONAL TRAINING 3:00 pm - 4:00 pm		BIRTHDAY PARTIES RESERVATION REQUIRED 2:00 pm - 4:00 pm	KIDS OPEN PLAY 12:00 pm - 6:00 pm	BIRTHDAY PARTIES RESERVATION REQUIRED 2:00 pm - 4:00 pm	KIDS OPEN PLAY 12:00 pm - 6:00 pm
SPIRIT CARDIO 4:15 pm - 5:15 pm		YOGA FLOW 4:15 pm - 5:15 pm	NANO-NINJAS 8-Week Series 4:15 pm - 5:15 pm	SPIRIT CARDIO 4:15 pm - 5:15 pm		KIDS OPEN PLAY 3:30 pm - 7:00 pm	YOGA FLOW 4:15 pm - 5:15 pm	KIDS NINJA TRAINING 8-Week Series 4:15 pm - 5:15 pm		WORKSHOPS + EVENTS 4:00 pm - 6:00 pm		PRENATAL YOGA 5:00 pm - 6:15 pm	
YOGA FLOW 5:30 pm - 6:45 pm		SPIRIT STRENGTH 5:30 pm - 6:30 pm	KIDS NINJA TRAINING 8-Week Series 5:30 pm - 6:30 pm	YOGA STRONG FLOW 5:30 pm - 6:45 pm			SPIRIT STRENGTH 5:30 pm - 6:30 pm	KIDS NINJA TRAINING 8-Week Series 5:30 pm - 6:30 pm					
							VIN-YIN YOGA 6:45 pm - 8:00 pm						