

Saba Movement Center & FMB Yoga Project Schedule December 2020

11637 Kelly Road #308

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Wake Up Flow 7-8am (Renee)	Meditation 7-7:30am (Renee)	Morning Wake Up Flow 7-8am (Renee)	Meditation 7-7:30am (Renee)	Morning Wake Up Flow 7-8am (Renee)		
	Pilates 8-9am (Marti)	8:30-9:30 Barre (Melanie)	Pilates 8-9am (Marti)			
				Flow with Anne 9-10am Beach Access 21 - FMB	Beach Yoga & Breakfast 8:am @ Mango Street Inn	
Flow at Lovers Key 9:30 - 10:30 (Colleen)		Flow at Lovers Key 9:30 - 10:30 (Colleen)		Flow at Lovers Key 9:30 - 10:30 (Colleen)		Flow for the Runner 9:00am-10:00am (Renee)
Chair Yoga 9:30-10:30am (Mi)	Yoga 101 - 9:30-10:30am (Renee)		Yoga 101 - 9:30-10:30am (Renee)	Chair Yoga 9:30-10:30am (Mi)		
		Stretching for Everybody 10:00-11:00am (Renee)				
Adult Fitness 11-Noon (Denise)		Strength Training for Women 12:30-1:30pm (Renee)	Stretch & Strength 11-Noon (Denise)	Adult Fitness 11-Noon (Denise)	Stretch & Strength 11-Noon (Denise)	
	Vinyasa Flow 1-2pm (Renee)		Vinyasa Flow 1-2pm (Renee)			
Fun Run (30 min) & Post Run Flow (45 min) (Renee)	Pilates 6-7pm (Marti)	Kickboxing 6-7pm (Kevin)	Restorative Yoga 6-7pm (Mi)			Satsang 6-8 pm (w/ Renee & Yogi Hari)
Workshops			No Classes December 23 - Jan 2 Happy Holidays & a Joyous New Year			
January 1 - 108 Sun Salutations						
Crystal Workshop Dec 13, 1-2:30pm - Tenative						
Dec 29 - Full Moon Class			Live Streamed	Classes on FMB		