



Saba Movement Center Schedule 2/2022
www.sabamovementcenter.com 801-896-7272

Pre-Registration Required - 1st Class Free

Monday	Tuesday	Wednesday	Thursday	Friday	
Morning Wake Up Flow 7-8am (Renee)	Camp Gladiator (Renee) 6:30-7:30am Bay Oaks	Morning Wake Up Flow 7-8am (Renee)	Camp Gladiator (Renee) 6:30-7:30am Bay Oaks	Morning Wake Up Flow 7-8am (Renee)	
			Anne's Yoga Class? 6:30-7:30am		
	Pilates 8-9am (Dawn)		Pilates 8-9am (Anne)		
Advanced Strength 8:30-9:30 am (Denise)		Advanced Strength 8:30-9:30 am (Denise)		Advanced Strength 8:30-9:30 am (Denise)	
		Yoga @Beach Access 21 9:00-10:00am (Anne)		Yoga @Lovers Key Mid-Beach 9:00-10:00am (Colleen)	
Yoga @Lovers Key Gazebo 9:30-10:30am (Colleen)	Yoga 101 9:30-10:30am (Renee)		Yoga 101 9:30-10:30am (Renee)		Hopsized Brewery Beer Yoga 10-11am (Renee/Christine)
Intermediate Strength Training 11-Noon (Denise)		Intermediate Strength Training 11-Noon (Denise)		Intermediate Strength Training 11-Noon (Denise)	
Work Shops Yoga 101 Workshop Feb 5th 9--11am - \$20 Yoga 101 Workshop Feb 12th 9--11am - \$20 Yoga Day Jan 23rd 5-9pm - \$25				Meditation 101 - 2 Week Course Starts February 13th \$45	

Sand Color Represents classes on Fort Myers Beach

Register for Beer Yoga at www.hopsizedbrewing.com