



Saba Movement Center Schedule

June 2021

www.sabamovementcenter.com
801-896-7272

Pre-Registration Required - 1st Class Free

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)			
Advanced Strength 8:15-9:15 am (Denise)	Pilates 8-9am (Marti)	Advanced Strength 8:30-9:30 am (Denise)	Pilates 8-9am (Marti)	Morning Flow 8:00-9:00 am (Dawn)		
Chair Yoga 9:30-10:30am (Renee)	Yoga 101 9:30-10:30am (Renee)		Yoga 101 9:30-10:30am (Renee)		Yoga for the Weekend Warrior OR Gypsy Soul Yoga (Online) 9:00-10:00 am (Renee)	
	Paddleboard Yoga 9:30-10:30 am Lovers Key (Rachel)			Moring Flow with Anne 9-10am Online Only (Anne)	Paddleboard Yoga 9:30-10:30 am Lovers Key (Rachel)	
Intermediate Strength Training 11-Noon (Denise)				Intermediate Strength Training 11-Noon (Denise)		
Slow Flow (Dawn) 5:45-6:45pm						Meditation 101 Course 6-7pm (June 6th & 20th) (Renee)
Yoga Nidra with Dawn 7-8pm (Dawn)	Yoga/Pilates 6pm (tentative)(Chrisine) June 1		Restorative Yoga. 6-7pm (Rachel)			