



Saba Movement Center Schedule

May 2021

www.sabamovementcenter.com

801-896-7272

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Wake Up Flow 7-8am (Renee)	Boot Camp 7-7:35am (Anne)	Morning Wake Up Flow 7-8am (Renee)	Boot Camp 7-7:35am (Anne)			
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)	Chair Yoga 9:30-10:30am (Denise)	Yoga for the Weekend Warrior OR Gypsy Soul Yoga (Online) 9:00-10:00 am (Renee)	
Intermediate Strength Training 11-Noon (Denise)		Beginning Strength Training 11:30-12:30pm (Denise)		Intermediate Strength Training 11-Noon (Denise)		
Slow Flow (Dawn) 5:30-6:30pm						Meditation 101 Course 6-7pm (May 2 & 16) (Renee)
Yoga Nidra with Dawn 7-8pm (Dawn)			Restorative Yoga. 6-7pm (Rachel)			