



# Saba Movement Center Schedule 10/2021

[www.sabamovementcenter.com](http://www.sabamovementcenter.com) 801-896-7272

*Pre-Registration Required - 1st Class Free*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sampoorna Open Class 6-7:30am (Renee)		Sampoorna Open Class 6-7:30am (Renee)		
Boot Camp 7-7:30am (Anne)		Boot Camp 7-7:30am (Anne)			
Morning Wake Up Flow 7-8am (Renee)		Morning Wake Up Flow 7-8am (Renee)			
Core Power 8-9am (Kristen) Online Only	Morning Flow @ Bay Oaks 8-9am (Anne)	Gentle Flow 8-9am (Kristen) Online Only			
Advanced Strength 8:15-9:15 am (Denise)	Pilates 8-9am (Marti)	Advanced Strength 8:30-9:30 am (Denise)	Pilates 8-9am (Marti)	Iyengar -All Levels 8-9am (Kara)	
		Yoga @Beach Access 21 9:00-10:00am (Anne)			
Yoga @Lovers Key Gazebo 9:30-10:30am (Colleen)	Yoga 101 9:30-10:30am (Renee)	Yoga @Lovers Key WDC 9:30-10:30am (Colleen)	Yoga 101 9:30-10:30am (Renee)		Yoga for the Weekend Warrior 9:00-10:00 am (Renee)
Intermediate Strength Training 11-Noon (Denise)				Intermediate Strength Training 11-Noon (Denise)	
Ayurvedic Cleanse Oct 11, 18, 25th 6-7:30pm (Kristen)		Tai Chi Demo October 6th 6-7pm (Elena)	Pound Demo October 7th 6-7pm (Lori)		
Tai Chi 6-7pm (Elena) - 5 week Session	Yoga with Christine 6pm (Chrisine)	Tai Chi 6-7pm (Elena) - 5 week Session	Full Moon Yoga October 20th 5:30-7pm (Colleen)	October 1 First Friday of the Season with Colleen 5-6pm @ Lovers Key	
<b>Work Shops</b> Anatomy & Physiology 9th 1-6:30pm- \$150 Yoga Day Oct 24th 5-9pm Crystals & Stones 29th 6-8pm - \$50				Meditation 101 - 2 Week Course Starts October 3rd & 17th \$45	