



Saba Movement Center Schedule 1/2022
www.sabamovementcenter.com 801-896-7272

Pre-Registration Required - 1st Class Free

Monday		Tuesday		Wednesday		Thursday		Friday		
Camp Gladiator (Renee) 5:30-6:30am Saba				Camp Gladiator (Renee) 5:30-6:30am Saba				Camp Gladiator (Renee) 5:30-6:30am Saba		
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)	Camp Gladiator with Denise/Renee 5:30-6:30am	Camp Gladiator (Renee) 7-8am Bay Oaks
		Morning Flow @ Bay Oaks 8-9am (Anne)	Pilates 8-9am (Marti)			Pilates 8-9am (Marti)				
Camp Gladiator (Renee) 8:30 - 9:30am Saba	Advanced Strength 8:30-9:30 am (Denise)			Camp Gladiator (Renee) 8:30 - 9:30am Saba	Advanced Strength 8:30-9:30 am (Denise)			Camp Gladiator (Renee) 8:30 - 9:30am Saba	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)				January 9th Hopsized Brewery Beer Yoga 10-11am
Intermediate Strength Training 11-Noon (Denise)				Intermediate Strength Training 11-Noon (Denise)				Intermediate Strength Training 11-Noon (Denise)		
Work Shops Astrology & Crystals January 7th 6-8pm Yoga Day Jan 23rd 5-9pm - \$25 Yoga 101 Workshop Jan 22 11-1pm - FREE				Welcome Back Yoga - Jan 4th 4:30-5:30pm Full Moon Yoga - Jan 17 4:00 pm – 5:30 pm - \$20		Camp Gladiator Triathlon at Jaycee Park 8am January 15th		Meditation 101 - 2 Week Course Starts January 9th \$45		

Sand Color Represents classes on Fort Myers Beach

Register for Beer Yoga at www.hopsizedbrewing.com

We are excited to be working with Camp Gladiator to offer you high quality out door classes. We will be offering FREE classes Jan 10th-16th - Come Check us out at Saba OR Bay Oaks.