

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DEC 29

DEC 30

DEC 31

JAN 1

JAN 2

JAN 3

JAN 4

9am
Power Flow

10am
Power Flow

10am
Vinyasa Flow



6pm
Slow Flow

6pm
Slow Flow

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TUESDAY

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THURSDAY

FRIDAY

SATURDAY