



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Evening Classes											
<b>Time:</b>		4:30 PM	4:30 PM	4:30 PM	4:00 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM		4:30 PM
<b>Class:</b>		<b>Yoga Tone w/Marcela (Sub Michele G.)</b>	<b>Gentle Hatha Yoga w/Whitney</b>	<b>Hatha w/Kat</b>	<b>Bliss Out w/Angela</b>	<b>Yoga Tone w/Marcela (Sub Michele G.)</b>	<b>Yin Yoga w/Michele B.</b>	<b>Gentle Hatha Yoga w/Erin</b>	<b>Strong Vibes for Strong Bones w/Angela</b>		<b>Pilates Yoga Fusion w/Michelle G.</b>
<b>Room:</b>		Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room		Main Studio

<b>Time:</b>		6:00 PM		6:30 PM	6:30PM	6:00PM		6:00PM			
<b>Class:</b>	<b>Special Classes and Workshops</b>	<b>Slow Flow w/Kristin</b>		<b>Relax and Restore w/Melissa T.</b>	<b>New Vinyasa Flow w/Melissa M.</b>	<b>Vinyasa Flow w/Michelle G.</b>		<b>Myofascia Release w/Yoga Tune Up® RollModel Method w/Melissa M.</b>			<b>Special Classes and Workshops</b>
<b>Room:</b>		Main Studio		Meditation Room	Main Studio	Main Studio		Main Studio			

<b>Time:</b>	6:00 PM	7:15PM				7:15PM	7:15PM				
<b>Class:</b>	<b>Hatha Yoga w/Grady</b>	<b>Stretch and Restore w/Kristin</b>				<b>Yin Yoga w/Courtney</b>	<b>Gentle Yoga and Sound w/Celeste</b>				<b>Special Classes and Workshops</b>
<b>Room:</b>	Main Studio	Main Studio				Meditation Room	Main Studio				