



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	4:30 PM
<b>Class:</b>	Yoga Tone w/Marcela	Gentle Hatha Yoga w/Whitney	Hatha w/Kat	Bliss Out w/Angela	Yoga Tone w/Marcela	Yin Yoga w/Melissa M.	Gentle Hatha Yoga w/Erin	Strong Vibes for Strong Bones w/Angela		New Pilates Yoga Fusion w/Michelle G.
<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	6:00PM	6:00PM	6:00PM	6:00PM
<b>Class:</b>	Slow Flow w/Kristin	Relax and Restore w/Melissa T.	Vinyasa Flow w/Michelle G.	Gentle Hatha w/Abby	New Myofascia Release w/Yoga Tune Up® RollModel Method w/Melissa M.	Special Classes and Workshops
<b>Room:</b>	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	

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

**Special Classes and Workshops**