Journey To Be Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Functional Strength (9:00 – 10:00am) (Melissa)	**Abs, ASSets & More** (9:00 – 10:00am) (Laurie)	**Hatha Yoga** (9:00–10:00am) (Margaret)	**Circuit Training** (9:00-10:00am) (Margaret)	**Mat Pilates** (9:00 – 10:00am) (Melissa)	**Abs, ASSets & More** (9:00–10:00am) (Melissa)	
Hatha Yoga (10:30 – 11:30am) (Laurie)	**Yin Yoga** (10:30 – 11:30am) (Kelly)	**Functional Strength** (10:30 – 11:30am) (Margaret)	**Hatha Yoga** (10:30 – 11:30am) (Margaret)	**Functional Strength** (10:30 – 11:30am) (Melissa)	**Rolling Relief** (10:15 – 11:15am) (Melissa)	
Mat Pilates (5:00 – 6:00pm) (Melissa)				**Hatha Yoga** (5:00 – 6:00pm) (Kelly)		
Trapeze Yoga (6:30 – 7:30pm) (Melissa)	**Circuit Training** (6:30 – 7:30pm) (Melissa)	**Yang/Yin Yoga** (6:30 – 7:30pm) (Melissa)	**Functional Strength** (6:30 – 7:30pm) (Melissa)			

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Yoga and Fitness Studio