



Journey To Be
Fall 2021 Schedule
October 12 – December 17

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 10:00am	Gentle Yoga	Yoga	Gentle Strength	Gentle Yoga	
10:15 – 11:00am		 ZUMBA		 ZUMBA	
5:00 – 6:00pm		Gentle Yoga			Strength & Stretch
6:15 – 7:15pm	Strength & Stretch	 ZUMBA (6:15-7:00pm)	Strength & Stretch	Yin Nidra (6:15 – 7:45)	 ZUMBA (6:15-7:00pm)
7:30 – 8:30pm	Yang/Yin Yoga		Yoga		