

Journey To Be Summer 2020 Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Gentle Yoga 9:30 – 10:30am	Backyard Yoga 9:30 – 10:30am		Gentle Yoga 9:30 – 10:30am	Strength with Bands 9:30 – 10:30am
		Backyard Fitness 6:30 – 7:15pm		
		Backyard Yoga 7:30 – 8:30pm	Backyard Yoga 6:00 – 7:00 pm	

*****Private and small group sessions available at request*****