

Journey To Be Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Acquiring ASets (9:00 – 10:00am) (Melissa)	Abs, ASets & More (9:00 – 10:00am) (Melissa)	Hatha Yoga (9:00–10:00am) (Margaret)	ASets In Action (9:00-10:00am) (Margaret)	Slow Flow Yoga (9:00–10:00am) (Melissa)	Hatha Yoga (9:00–10:00am) (Laurie)	
Hatha Yoga (10:30 – 11:30am) (Margaret)	Slow Flow Yoga (10:30–11:30am) (Melissa)	Chair Yoga (10:30 – 11:30am) (Margaret)	Hatha Yoga (10:30 – 11:30am) (Margaret)	Acquiring ASets (10:30 – 11:30am) (Melissa)		
				Hatha Yoga (4:00 – 5:00pm) (Kelly)		Yang/Yin Yoga (2:00–3:00pm) (Kelli)
Trapeze Yoga (5:00 – 6:00pm) (Melissa)		ASets In Action (6:00 – 7:00pm) (Melissa)		Abs, ASets & More (5:30 – 6:30pm) (Melissa)		
Abs, ASets & More (6:30 – 7:30pm) (Melissa)	Hatha Yoga (6:30 – 7:30pm) (Kelly)	Trapeze Yoga (7:30 – 8:30pm) (Melissa)	Yang/Yin Yoga (6:30 – 7:30pm) (Melissa)			