

Our Schedule

MONDAY

Morning	8:00-9:00	Barre Class Cindey ● INTERMEIDATE
Morning	9:30-10:30	Slow Flow Yoga Jennifer ● BEGINNER
Evening	5:30-6:30	Heated Power Vinyasa AJ ◆ CHALLENGING 🔥

TUESDAY

Morning	8:00-9:00	Ashtanga Yoga Babette ◆ CHALLENGING
Morning	9:30-10:30	Heated Vinyasa Yoga Babette ◆ CHALLENGING 🔥
Evening	5:30-6:30	Pilates & Props Shannon ● INTERMEDIATE
Evening	7:00-8:00	Restorative Hannah ● INTERMEDIATE

WEDNESDAY

Morning	6:45-7:45	Posture Strengthening Vinyasa Dalia ◆ CHALLENGING
Morning	8:00-9:00	Barre Cindey ● INTERMEIDATE
Morning	9:30-10:30	Slow Flow Yoga Hannah ● BEGINNER
Evening	5:30-6:30	Heated Vinyasa Yoga Jackie ● INTERMEIDATE 🔥
Evening	7:00 -8:00	Pilates (mat 1) Jenny ● BEGINNER

THURSDAY

Morning	7:30-8:30	Heated Power Vinyasa Yoga AJ ◆ CHALLENGING 🔥
Morning	9:30-10:30	Slow Flow Yoga Lucy ● BEGINNER
Evening	4:00-5:00	Slow Flow Jennifer ● BEGINNER <i>Starts Oct 16</i>
Evening	5:30-6:30	Heated Vinyasa Yoga Babette ◆ CHALLENGING 🔥

FRIDAY

Morning	8:00-9:00	Posture Strengthening Vinyasa Dalia ◆ CHALLENGING
Morning	9:30-10:30	Vinyasa Yoga Hannah ● INTERMEIDATE

SATURDAY

Morning	8:30-9:30	Vinyasa Yoga Savannah ● INTERMEIDATE
Morning	10:00-11:00	Vinyasa Yoga Savannah ● INTERMEIDATE
Morning	11:30-12:30	Pilates Mat Mash Up Jenny ● INTERMEIDATE <i>Starts Oct 11</i>

SUNDAY

Morning	8:30-9:30	Vinyasa Yoga Janelle ● INTERMEIDATE
Morning	10:15-11:15	Vinyasa Yoga Lucy ● INTERMEIDATE
Morning	11:30-12:30	Yoga Sculpt Lucy ● INTERMEIDATE