

Our Schedule

MONDAY

Morning	8:00-9:00	Barre Class Cindey	● INTERMEDIATE
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 Shannon	● INTERMEDIATE
Evening	7:00-8:00	Vinyasa Flow Amanda	● INTERMEDIATE

WEDNESDAY

Morning	6:00-7:30	Posture Strengthening Vinyasa Dalia	◆ CHALLENGING
Morning	8:00-9:00	Barre Cindey	● INTERMEDIATE
Morning	9:30-10:30	Slow Flow Yoga Hannah	● BEGINNER
Evening	5:30-6:30	Heated Vinyasa Yoga Jackie	● INTERMEDIATE 🔥
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	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	● INTERMEDIATE

SATURDAY

Morning	8:30-9:30	Vinyasa Yoga Savannah	● INTERMEDIATE
Morning	10:00-11:00	Vinyasa Yoga Savannah	● INTERMEDIATE

SUNDAY

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