

MATTITUCK

MONDAY

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

TUESDAY

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

WEDNESDAY

Morning	6:30-7:30	Posture Strengthening	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	Janelle	●	INTERMEIDATE
Evening	7:00 -8:00	Pilates (mat 1)	Jenny	●	BEGINNER

THURSDAY

Morning	7:30-8:30	Heated Power Vinyasa	AJ	◆	CHALLENGING
Morning	9:30-10:30	Slow Flow Yoga	Lucy	●	BEGINNER
Evening	4:00-5:00	Slow Flow	Jen F	●	BEGINNER
Evening	5:30-6:30	Heated Power Vinyasa	Babette	◆	CHALLENGING

FRIDAY

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

SATURDAY

Morning	8:30-9:30	Warm Vinyasa Yoga	Babette	◆	CHALLENGING
Morning	10:00-11:00	Vinyasa Yoga	Savannah	●	INTERMEIDATE
Morning	11:45-12:45	Pilates Mat Mash Up	Jenny	●	INTERMEIDATE

SUNDAY

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