

RIVERHEAD

MONDAY

Morning	6:30-7:30	Vinyasa	Savannah	●	INTERMEIDATE
Morning	8:00-9:00	Heated Vinyasa	Babette	◆	CHALLENGING
Morning	10:00-11:00	Barre	Cindey	●	INTERMEIDATE
Evening	6:00-7:00	Slow Flow	Suki	●	BEGINNER

TUESDAY

Morning	8:00-9:00	Slow Flow	Savannah	●	BEGINNER
Morning	9:30-10:30	Heated Yogilates	Kianna	◆	CHALLENGING
Evening	7:00-8:00	Barre	Jenny S	●	INTERMEIDATE

WEDNESDAY

Morning	6:30-7:30	Heated Vinyasa	Janine	●	INTERMEDIATE
Morning	8:00-9:00	Yoga Sculpt	Janine	●	INTERMEDIATE
Morning	9:30-10:30	Slow Flow	Dalia	●	BEGINNER
Evening	6:00-7:00	Heated Vinyasa	Janelle	●	INTERMEDIATE

THURSDAY

Morning	8:00 - 9:00	Slow Flow	Jen F	●	BEGINNER
Morning	9:30-10:30	Heated Vinyasa	Jen F	●	INTERMEDIATE
Evening	6:00-7:00	Pilates & Props	Shannon	●	INTERMEIDATE

FRIDAY

Morning	5:30-6:30	Vinyasa	Dani	◆	CHALLENGING
Morning	7:30-8:30	Heated Vinyasa Fusion	AJ	●	INTERMEDIATE
Morning	10:00-11:00	Slow Flow	Kerri	●	BEGINNER

SATURDAY

Morning	8:30-9:30	Heated Vinyasa	Dani	◆	CHALLENGING
Morning	10:00-11:00	Vinyasa	Jen F	●	INTERMEDIATE
Morning	11:30-12:30	Pilates Mat 1	Kat	●	BEGINNER

SUNDAY

Morning	8:30-9:30	Heated Vinyasa	Hannah	●	INTERMEIDATE
Morning	10:00 - 11:00	Slow Flow	Hannah	●	BEGINNER
Morning	11:30-12:30	Vinyasa Flow	Claudia	●	INTERMEIDATE