

GOES INTO EFFECT MAY 5th

UPDATED SCHEDULE

MONDAY

NEW

Morning 8:00-9:00 Barre Class Cindey
Morning 9:30-10:30 Slow Flow Yoga Jennifer
Evening 5:30-6:30 Power Vinyasa AJ

TUESDAY

Morning 8:00-9:00 Ashtanga Yoga Babette
Morning 9:30-10:30 Vinyasa Yoga Babette
NEW Evening 7:00-8:00 Vinyasa Flow Amanda

WEDNESDAY

NEW

Morning 6:30-7:30 Vinyasa Yoga Dalia
Morning 8:00-9:00 Barre Cindey
Morning 9:30-10:30 Slow Flow Yoga Hannah
Evening 5:30-6:30 Vinyasa Yoga Jackie

THURSDAY

NEW

Morning 7:30-8:30 Power Vinyasa Yoga AJ
Morning 9:30-10:30 Slow Flow Yoga Lucy
NEW Evening 5:30-6:30 Vinyasa Yoga Babette

FRIDAY

Morning 8:00-9:00 Vinyasa Yoga Mikayla
Morning 9:30-10:30 Vinyasa Yoga Hannah

SATURDAY

NEW

Morning 6:30-7:30 Beach Vinyasa Savannah *begins 5/24*
Morning 8:30-9:30 Vinyasa Yoga Savannah *begins 5/24*
Morning 10:00-11:00 Beginner Series Savannah *5/31-6/28*

SUNDAY

Morning 8:30-9:30 Vinyasa Yoga Janelle
Morning 10:15-11:15 Vinyasa Yoga Lucy