

Empow3r Yoga Weekly Schedule

SUN	MON	TUES	WED	THU	FRI	SAT
<u>8:30 - 9:30am</u> Yoga Flow Kylie <u>11:00am - 12:00pm</u> Gentle Yoga Brittan <u>4:30 - 5:30 pm</u> Yoga Flow Ashley <u>6:00- 7:00 pm</u> Yin Yoga Kylie	<u>6:00 - 7:00 am</u> Rise & Flow Mandy <u>12:00 - 1:00 pm</u> Slow Flow Jenn <u>5:00 - 6:00pm</u> Yoga Flow Mandy	<u>5:15 - 6:15 pm</u> Slow Flow Jenn <u>6:45 - 7:45 pm</u> Restorative Jenn	<u>5:00 - 5:45 pm</u> Yoga Sculpt Debbie <u>6:00 - 7:00 pm</u> Mat Pilates Debbie	<u>5:45 - 6:45am</u> Sunrise Slow Flow Julia <u>5:15 - 6:15 pm</u> Slow Flow Debbie <u>6:30 - 7:30 pm</u> Yin Yoga Debbie	<u>6:00 - 7:00 am</u> Yoga Flow Kim <i>(Starting Dec 5)</i>	<u>8:00 - 9:00 am</u> Yoga Flow Kim <i>(Starting Nov 29)</i> 