

# Current Schedule

((•)) = Class offered Livestream and In-Person

## Monday:

8:00am All Levels Flow w/Brenna ((•))

## Tuesday:

7:30am Basic Flow w/Jo ((•))

8:45am SmartFLOW Advanced w/Britni ((•))

10:05am Meditation w/Britni \*FREE CLASS ((•))

4:00pm Yin Yoga w/Geri

5:30pm Basic Flow w/Morgan

## Wednesday:

8:00am All Levels Flow w/Brenna ((•))

5:30pm Kettlebell Flow w/Brenna

## Thursday:

7:30am Basic Flow w/Jo ((•))

8:45am SmartFLOW Advanced Flow w/Britni ((•))

4pm Yin Yoga w/Britni ((•))

5:30pm All Levels w/Morgan ((•))

## Friday:

8:15am All Levels Express w/Morgan ((•))

9:15am Yin Yoga w/Morgan ((•))

## Saturday:

9:00am SmartFLOW All Levels w/Britni ((•))

10:05am Meditation w/Britni \*FREE CLASS ((•))

## Sunday:

Check schedule on app

\*Prior sign-in required at least one hour before class begins.

\*\*Please arrive BEFORE class begins\*\*

\*As a courtesy to others, please reschedule if more than 10 minutes late.