

Schedule for Fall 2021

Monday:

8:00am All Levels Flow w/Brenna
5:30pm All Levels Flow (teacher rotates)

Tuesday:

7:30am Basic Flow w/Jo
8:45am SmartFLOW Advanced w/Melissa
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 All Levels Flow w/Brenna

Thursday:

7:30am Basic Flow w/Jo
8:45am SmartFLOW Advanced Flow w/Morgan
4pm Yin Yoga w/Morgan

Friday:

8:15am All Levels Express w/Morgan
9:15am Yin Yoga w/Geri

Saturday:

7:30am Kettlebell Yoga w/Brenna *NEW begins Oct 2
9:00am SmartFLOW All Levels w/Brenna
10:05am Meditation w/Brenna *FREE CLASS

Sunday:

9am Basic Flow (teacher rotates)

*Prior sign-in required

