

Current Schedule

Monday:

8:00am All Levels Flow w/Brenna
5:30pm *check schedule online

Tuesday:

7:30am Basic Flow w/Jo
8:45am SmartFLOW Advanced w/Britni
10:05am Meditation w/Britni *FREE CLASS
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 online

*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*

