



CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Barre Fusion 8:30- 9:15 am	
Multi- Level Vinyasa Flow 9-10 am	Core Strength and Stability Class 9-9:55 am	Body Sculpt 9-9:50 am	Yoga Core 9-9:50 am	Cardio Sculpt 9-9:45 am		
	HIIT Glutes and Abs 12:30-1:00 pm				Warm Vinyasa Flow Yoga 10-11 am	Multi-Level Vinyasa Flow 10-11 am
	Heated Power Vinyasa Yoga 4:30-5:25 pm	Multi-Level Vinyasa Flow 4:30- 5:25 pm				
Barre 5:30-6:15 pm	Mat Pilates 5:30-6:15 pm	Barre 5:30-6:15 pm	Heated Power Vinyasa Yoga 5:30--6:30 pm	Buti + Bubbles 4/1, 6/3, 8/5 5:30-7 pm Barre + Bubbles 5/6, 7/1 5:30-7 pm		
Gentle Vinyasa Flow 6:30-7:30 pm	Buti Yoga 6:30-7:30 pm	Surrender Restorative Yoga 6:30-7:30 pm	Yin-Yasa Yoga + Sound every third Thursday 7-8 pm			Candlelight Yin Yoga (1st Sunday of every month) 6-7 pm