

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|---|--|
| <p>9:15 am Contemplative Flow - Paul(Y)</p> <p>10:30 am Vinyasa Flow - Kim(Y)</p> <p>5 pm Restorative Flow - Heather(Y)</p> | <p>8 am Athletic Yoga - Grace (Y)</p> <p>9:15 am Indoor Cycling - Phillip Gentle Yoga - Grace(Y)</p> <p>10:30 am Vinyasa Flow - Kim(Y)</p> <p>4 pm Hatha Yoga - Lisa(M)</p> <p>5 pm Hatha Yoga w/ Yin Gentle Flow Yoga - Anne(Y)</p> | <p>8 am Tone & Tighten - Lower Body Lauren(M)</p> <p>9:15 am Tone & Tighten - Upper Body - Lauren(M)</p> <p>Barre - Angela(Y)</p> <p>10:30 am Yoga Fusion - Angela</p> <p>5:30 pm Hatha Yoga- Melissa(Y)</p> | <p>9:15 am Gentle Yoga - Gillian(Y)</p> <p>Strength, Balance & Core - Angela(M)</p> <p>10:30 am Tai Chi - Fang(M)</p> <p>Restorative Flow - Heather(Y)</p> <p>4 pm Strength Balance & Core - Lisa(M)</p> <p>5 pm Hatha Yoga - Anne(Y)</p> | <p>9:15 am Indoor Cycling - Bob</p> <p>Vinyasa Flow - Francesca(Y)</p> <p>10:30 am Hatha Yoga - Heather(Y)</p> <p>4 pm Core & Restore Yoga - Bailey(M)</p> | <p>8 am Total Body Conditioning - Angela(M)</p> <p>9:15 am Walk the Pinehills - Angela</p> <p>Gentle Yoga - Mikaela(Y)</p> <p>10:30am Indoor Cycling - Bob</p> | <p>8:30 am Back to Basics Yoga Deb(Y)</p> <p>9:45 am Mindfulness in Motion Deb(Y)</p> <p>10:30 am Buti Yoga Bailey(M)</p> |



Classes are 50 minutes each | Schedule effective 3/1/2020 | Classes are subject to change without notice

