

MON	TUE	WED	THU	FRI	SAT	SUN
*7:30AM STRONG&CALM (30) - NICOLE		*7:30AM STRONG&CALM (30) - NICOLE	8AM DANCE ROSEMARY		*8AM TABATA AMY	9AM TONE & STRETCH - CURT
8AM BALANCE DEBBIE	8:15AM CHAIR YOGA (30) PATRICK	8AM PILATES DEBBIE	8:15AM CHAIR YOGA (30) PATRICK	8AM GENTLE YOGA ROSEMARY	8:30AM SCULPT 1/2 HOUR (30) MICHAEL	*9AM PILATES CHLOE
*9AM PILATES DEBBIE	8:30AM CORE & MORE (30) ROBYN	9AM MOBILITY ERIC	8:30AM CORE & MORE (30) ROBYN		9AM HATHA YOGA (80) PATRICK	9AM YOGA SUNDAY SHANNON
9AM HATHA YOGA - PATRICK	9AM CARDIO TONE - ROBYN	9AM GENTLE YOGA DEANDRA	9AM CARDIO TONE - ROBYN	9AM PILATES DEBBIE	10AM YOGA INSIDE OUT SHANNON	10AM QIGONG & TAI CHI - CURT
10AM AB-GLUTE CAMP - KRISSY	9AM QIGONG & TAI CHI - VINCE	10AM AB-GLUTE CAMP - KRISSY	9AM HATHA YOGA - WENDY	*9AM QIGONG & TAI CHI - CURT	*10:30AM YOGA SCULPT - ERINN	*10AM BARREFLOW DENISE
*10AM HIIT ROBYN		*10AM YOGA INSPIRATION NINA		*10AM MOBILITY ERIC	11AM YOGA FLOW (80) VANESSA	*11AM GENTLE YOGA - NINA
10:30AM LOW IMPACT CARDIO (30) - SUE	10:30AM BALANCE (30) DEBBIE	10:30AM LOW IMPACT CARDIO (30) - SUE	10:30AM BALANCE (30) DEBBIE	*10:30AM CORE&MORE (30) - CURT		
*11AM MOBILITY ERIC	*11AM PRANA YOGA - GENII	11AM BACK-POSTURE FIX (30) - SUE	*11AM GENTLE YOGA DEANDRA	*11AM YIN YOGA WENDY		
*12PM YOGA INSPIRATION KIM	*12PM POWER 1/2 HOUR (30) SALLY	*12PM GENTLE YOGA - KIM	*12PM POWER 1/2 HOUR (30) SALLY	12PM HEALTH & FITNESS Q&A - DEBBIE		
	*4PM CORE HATHA YOGA LISA		*4PM STRENGTH BALANCE CORE LISA	1PM YOGA RESTORE SANDY		
	5PM SLOW FLOW YOGA ANNE					
5:30PM BARREFLOW (30) - LIZ	5:30PM YOGA TONE (30) SHANNON	5:30PM PILATES (30) - NINA	5:30PM SCULPT 1/2 HOUR (30) NINA	5:30PM UNWIND YOGA 1/2 HOUR (30) - SHANNON		
	*6PM GENTLE YOGA DEANDRA	*6PM PRANA YOGA - GENII	6PM GENTLE YOGA SHANNON			
6PM YIN YOGA (80) TINA		7PM YOGA TO WIND DOWN NIDHI	6PM YIN YOGA & MEDITATION (80) - TINA	<u>MIRBEAU.COM/VIRTUAL-WELLNESS</u>		

