

MON	TUE	WED	THU	FRI	SAT	SUN
*7:30AM STRONG&CALM (25) - NICOLE		*7:30AM STRONG&CALM (25) - NICOLE	8AM DANCE ROSEMARY	*7:30AM STRONG&CALM (25) - DEBBIE	*8AM TABATA AMY	
8AM BALANCE DEBBIE	8:15AM CHAIR YOGA (30) PATRICK	8AM PILATES DEBBIE	8:15AM CHAIR YOGA (30) PATRICK	8AM GENTLE YOGA ROSEMARY	9AM HATHA YOGA (80) PATRICK	*9AM PILATES CHLOE
8AM YOGA INSIDE OUT SHANNON	8:30AM CORE & MORE (30) ROBYN	8AM YOGA INSIDE OUT SHANNON	8:30AM CORE & MORE (30) ROBYN	*9AM PILATES DEBBIE	9:30AM SCULPT 1/2 HOUR (30) NINA	9:30AM SCULPT 1/2 HOUR (30) CURT
*9AM PILATES DEBBIE	9AM CARDIO TONE - ROBYN	9AM MOBILITY ERIC	9AM CARDIO TONE - ROBYN	*9AM QIGONG & TAI CHI - CURT		10AM QIGONG & TAI CHI - CURT
9AM HATHA YOGA - PATRICK	9AM QIGONG & TAI CHI - VINCE	9AM GENTLE YOGA DEANDRA	9AM HATHA YOGA - WENDY	*10AM MOBILITY ERIC	*10:30AM YOGA SCULPT - ERINN	*10AM BARREFLOW DENIS
10AM AB-GLUTE CAMP - KRISSY	10:30AM BALANCE (30) DEBBIE	10AM AB-GLUTE CAMP - KRISSY	10:30AM BALANCE (30) DEBBIE	*10AM SWEAT & RESTORE CURT	*11AM RESTORATIVE YOGA - NINA	10AM RESTORATIVE YOGA - SANDY
*10AM HIIT ROBYN		*10AM YOGA INSPIRATION NINA		*11AM YIN YOGA WENDY	*11AM YOGA FLOW (80) VANESSA	*11AM GENTLE YOGA - NINA
*11AM MOBILITY ERIC	*11AM PRANA YOGA - GENII	11AM PELVIC CONDITIONING (30) - SUE	*11AM GENTLE YOGA DEANDRA	11AM PELVIC CONDITIONING (30) - SUE		
*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	5PM RESTORATIVE YOGA - SANDY	
	*4PM CORE HATHA YOGA LISA		*4PM STRENGTH BALANCE CORE LISA	1PM YOGA RESTORE SANDY		
	5PM SLOW FLOW YOGA ANNE			*4:00PM CORE & RESTORE YOGA ERINN		
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			



MIRBEAU.COM/VIRTUAL-WELLNESS