

MON	TUE	WED	THU	FRI	SAT	SUN
*7:30AM STRENGTHEN & LENGTHEN - SUE		8AM PILATES DEBBIE	*8AM BALANCE DEBBIE	*7:30AM STRENGTHEN & LENGTHEN - SUE	*8AM TABATA AMY	
8AM YOGA INSIDE OUT SHANNON	8:15AM CHAIR YOGA (30) PATRICK	*8:30AM CORE & MORE (30) ROBYN	8:15AM CHAIR YOGA (30) PATRICK	8AM GENTLE YOGA ROSEMARY	*8:30AM QIGONG & TAI CHI - CURT	*8:30AM GENTLE YOGA - CURT
*8:30AM CORE & MORE (30) ROBYN		*9AM HIIT ROBYN	*8:30AM CORE & MORE (30) ROBYN	*9AM PILATES DEBBIE	*8:30AM CORE & MORE (30) CHRISTINE	
*9AM CARDIO TONE - ROBYN	9AM QIGONG & TAI CHI - VINCE	9AM MOBILITY ERIC	*9AM CARDIO TONE - ROBYN	*9AM QIGONG & TAI CHI - CURT	9AM HATHA YOGA - PATRICK	*9:30AM SCULPT 1/2 HOUR (30) CURT
*9AM PILATES DEBBIE		9AM GENTLE YOGA DEANDRA	9AM HATHA YOGA - WENDY	*10AM MOBILITY ERIC	*9AM TRX & BOSU CHRISTINE	*10AM BARREFLOW DENISE
10AM ABS, ARMS, GLUTES KRISSEY	10:00AM BALANCE DEBBIE	10AM ABS, ARMS, GLUTES KRISSEY	10:00AM BALANCE DEBBIE	*10AM YOGA INSPIRATION NINA	*10:30AM YOGA SCULPT - ERINN	*11AM RESTORATIVE YOGA - SANDY
	*10AM YIN YOGA GENII	*10AM YOGA INSPIRATION NINA		*11AM YIN YOGA NINA	*11AM RESTORATIVE YOGA - NINA	*11AM GENTLE YOGA - NINA
*11AM MOBILITY ERIC	*11AM VINYASA YOGA - GENII	11AM PELVIC CONDITIONING (30) - SUE	*11AM GENTLE YOGA DEANDRA	11AM PELVIC CONDITIONING (30) - SUE	*11AM YOGA FLOW (80) VANESSA	
*11AM YOGA INSPIRATION KIM	*12PM POWER 1/2 HOUR (30) SALLY	11:30AM LOW IMPACT CARDIO (30) - SUE	*12PM POWER 1/2 HOUR (30) SALLY	11:30AM LOW IMPACT CARDIO (30) - SUE	5PM RESTORATIVE YOGA - SANDY	
*12PM YIN YOGA WENDY	*4PM STRENGTH, BALANCE, CORE LISA	*12PM GENTLE YOGA - KIM	*4PM VINYASA YOGA JESSIE	1PM YOGA RESTORE SANDY		
*5PM MIND-BODY MEDICINE HAPPY 1/2 HR	*5PM SLOW FLOW YOGA ANNE			*4PM 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 YOGA FOR ACTIVE RECOVERY - LIZ	*6PM GENTLE YOGA - DEANDRA	*6PM GENTLE YOGA - NINA	6PM GENTLE YOGA SHANNON			
6PM YIN YOGA (80) - TINA			6PM YIN YOGA & MEDITATION (80) TINA			



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