




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:15am GENTLE YOGA Zeba	11am-12pm CHAIR YOGA Kathleen	9:00-10:15am GENTLE YOGA Melody	9:00-10:00am WARM POWER FLOW Jonathan	9:30-10:30am BARRE Rachel	9:30-10:45am VINYASA FLOW Leila/Joshua
9:30-10:30am BARRE Lori	5:30-6:30pm BARRE Rachel	5:30-6:45pm YIN YOGA Lynn	6:00-7:15pm GENTLE CANDLE LIGHT YOGA Dianna	4:30-5:30pm TGIF POWER FLOW Leila	11am-12:30pm YIN YOGA Lynn
10am-11:15am HATHA YOGA Kathleen	6:30-7:45pm POWER FLOW Danielle	6:00-7:15pm PRENATAL YOGA Leila	6:30-7:45pm POWER FLOW Joshua		
6:00-7:15pm RESTORE/YOGA NIDRA Shata					
					Sunday
					9:00-10:00am WARM POWER FLOW Jonathan
					10:30-11:45am GENTLE YOGA Leila/Suzanne
					5:00-6:15pm RESTORE/YOGA NIDRA Shata

 Indicates moderate to higher intensity. Some endurance or experience recommended