



SEPTEMBER WEEKLY CLASS SCHEDULE



MONDAYS

8:00 AM

Vinyasa Yoga | Jessica

12:00 PM

Strength & Stretch | Jessica

5:30 PM

Candlelight Yin Yoga | Rosa

TUESDAYS

8:00 AM

Mat Pilates | Cori

12:00 PM

Vinyasa Yoga | Jessica

5:00 PM

Get Bent | Rosa

6:30 PM

Yoga Fusion | Rosa

WEDNESDAYS

8:00 AM

Vinyasa Yoga | Jessica

12:00 PM

Strength & Stretch | Jessica

THURSDAYS

8:00 AM

Mat Pilates | Cori

5:00 PM

Get Bent | Rosa

6:30PM

Yoga Fusion | Rosa

FRIDAYS

8:00 AM

Slow Flow Restorative |

Krista

12:00 PM

Strength & Stretch | Jessica

SATURDAYS

10:00 AM

Slow Flow Restorative |

Rotating