



Weekly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00 AM Flow Yoga	
				10:00 AM Pilates-Fusion		10:00 AM Yin Yoga
10:30 AM Restorative Yoga			10:30 AM Restorative Yoga			
	12:00 PM Flow Yoga	12:00 PM Functional Fitness	12:00 PM Flow Yoga			
5:15 PM Functional Fitness	5:15 PM Chair Yoga		5:15 PM Chair Yoga			
		5:30 PM Pilates-Fusion				
6:30 PM Pilates-Fusion						6:30 PM Yin / Yang Yoga
	7:00 PM Flow Yoga	7:00 PM Yin Yoga	7:00 PM Yoga-Fusion			