



Time:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00				Yoga Fit Fusion *NEW* <i>(Hot Fitness)</i> Lauren 6:00-7:00		Morning Yoga *NEW* Niki 6:15-7:15	
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00	Meditation Niki 8:00-8:45						
8:15							
8:30							
8:45							
9:00	Hatha Yoga Jade 9:00-10:15	Gentle Hatha Yoga Miranda 9:15-10:15	Mat Pilates Chelsea 9:15-10:15	Gentle Hatha Yoga Charlene 9:30-10:30	Flow Yoga Brooke 9:15-10:15	Hatha Yoga & Meditation Tarana 8:45-10:15	Hatha Yoga Kim S 9:00-10:15
9:15							
9:30							
9:45							
10:00							
10:15							
10:30	Deep Stretch & Release Jade 10:30-11:30	Yin Yoga Miranda 10:30-11:30	Deep Stretch Chelsea 10:30-11:30	Yin Yoga Charlene 10:45-11:45	Gentle Hatha Yoga & Stretch Brooke 10:30-11:30	Core Barre (Fitness) Miranda 10:30-11:30	Barrelates (Fitness) Chelsea 10:30-11:30
10:45							
11:00							
11:15							
11:30							
11:45						Deep Stretch & Release Miranda 11:45-12:45	Yin Yoga (Warm) Chelsea 11:45-12:45
12:00							
12:15							
12:30							
12:45							
1:00							
1:15	Prenatal Yoga <i>*Registered Class*</i> \$38+tax April 14-May 6 Jen D 1:15-2:30	Frontline Yoga <i>For First Responders only</i> Brooke 1:00-2:15					Zumba Toning *NEW* <i>(Dance Fitness)</i> - Gabriella 1:00-1:45
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00	Bunny Yoga <i>*Registered Class*</i> min. \$15 donation April 14th - Laura 3:00-4:15	Intro to Meditation <i>*Registered Class*</i> \$49+tax April 21st Sha-nnon 3:00-5:00					
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00							
5:15							
5:30							
5:45							
6:00	Slow Flow Yoga *NEW* Lynn 6:00-7:00	Sculpt Barre (Fitness) Lauren 6:00-7:00	Zumba Toning (Dance Fitness) - Gabriella 6:00-6:45	Booty Burn Yoga (Hot Fitness) Miranda 6:00-7:00	Flow Yoga Jenny 6:15-7:30	Restorative Yoga Niki 6:00-7:15	
6:15							
6:30							
6:45							
7:00							
7:15	Restorative Lynn 7:15-8:30	Hatha Core Yoga (Hot Fitness) Lauren 7:15-8:15	Hatha Yoga (Warm) Charlene 7:00-8:00	Barre Lite (Fitness) Miranda 7:15-8:15	Yang/Yin Yoga Jenny 7:45-8:45	Barre (Hot)*NEW* Chelsea Apr. 12 & 25 7:30-8:30	Intermediate Yoga *NEW* Kim Apr. 5 & 19 7:30-8:45
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							

- Gentle Hatha Yoga
 - Hatha Yoga
 - Morning Yoga
 - Mediations
 - Slow Flow Yoga
 - Flow Yoga
 - Yang/Yin Yoga
 - Yin Yoga
 - Mat Pilates
 - Restorative Yoga
 - Deep Stretch
 - NamaSlay Yoga
- All levels welcome

- Barrelates
 - Barre Lite
 - All Barre Classes
 - NamaSlay Barre
 - Yogalates
 - Zumba Toning
- All levels welcome
Fitness

- HOT Classes 32-36°C**
- Yoga Fit Fusion
 - Gentle Hatha Yoga
 - Booty Burn Yoga
 - Hatha Core Yoga
 - Power Yoga
 - Barre Hot
- All levels welcome
Fitness

- WARM Classes 24-26°C**
- Yin Yoga
 - Hatha Yoga
 - Gentle Hatha Yoga
- All levels welcome

New Moon Circle Tara ★★ } April 4th @7:45-9:15pm } Part of your regular Membership or \$18 Drop in

Full Moon Circle ★ } April 22nd @8:30-10:00pm }