



Time:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00				Yoga Fit Fusion (Hot Fitness) Lauren 6:00-7:00		Morning Yoga Niki 6:15-7:15	
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45				Barre Intensity *NEW* (Fitness) Lauren 7:30-8:30			
8:00	Meditation Niki 8:00-8:45						
8:15							
8:30							
8:45							
9:00	Hatha Yoga					Hatha Yoga & Meditation	Hatha Yoga
9:15	Jade	Gentle Hatha Yoga Miranda	Mat Pilates Chelsea	Gentle Hatha Yoga Charlene	Flow Yoga Brooke	Tarana	Kim S
9:30							
9:45							
10:00	9:00-10:15	9:15-10:15	9:15-10:15		9:15-10:15	9:00-10:15	9:00-10:15
10:15				9:30-10:30			
10:30	Deep Stretch & Release Jade	Yin Yoga Miranda	Deep Stretch Chelsea	Yin Yoga Charlene	Gentle Hatha Yoga & Stretch Brooke	Core Barre (Fitness) Miranda	Barrelates (Fitness) Chelsea
10:45							
11:00							
11:15	10:30-11:30	10:30-11:30	10:30-11:30		10:30-11:30	10:30-11:30	10:30-11:30
11:30							
11:45				10:45-11:45			
12:00						Deep Stretch & Release Miranda	Yin Yoga (Warm) Chelsea
12:15							
12:30						11:45-12:45	11:45-12:45
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30					Kids Yoga - Lauren *Registered Series* 4:00-4:45		
4:45							
5:00							
5:15		Yogalates Brittany	Zumba Toning (Dance Fitness) - Gabriella 5:00-5:45	Slow Flow Yoga Maria	Power Yoga (Hot) Lauren	Gentle Hatha Yoga (Warm) Niki	
5:30							
5:45		5:00-6:00		5:00-6:00	5:00-6:00	5:00-6:00	
6:00	Slow Flow Yoga *NEW* Lynn	Sculpt Barre (Fitness) Lauren	Hatha Yoga (Warm) Charlene	Booty Burn Yoga (Hot Fitness) Miranda	Flow Yoga Jenny	Restorative Yoga Niki	
6:15				6:15-7:15			
6:30							
6:45							
7:00							
7:15	Restorative	Hatha Core Yoga (Hot Fitness) Lauren	Barre Intensity (Fitness) Chelsea	Barre Lite (Fitness) Miranda	6:15-7:30	6:15-7:30	
7:30							
7:45							
8:00	Lynn				Yang/Yin Yoga Jenny	Intermed-iate Yoga May 10 & 31 Kim 7:45-9:15	NamaSlay Metal Barre Yoga Chelsea May 17 7:45-9:00
8:15	7:15-8:30		Yang/Yin Yoga Chelsea	Restorative Yoga Bev			NamaSlay Metal Yoga Chelsea May 24 7:45-9:00
8:30							
8:45							
9:00		Deep Stretch & Release Bev					
9:15			8:30-9:30				
9:30		8:45-9:45					
9:45				8:45-10:00			

Biography to Biology
Registered Class
\$49+tax
May 11th
Charlene
2:30-5:00

Beginner's Yoga
Registered Class
\$59+tax
May 25th
Kim
2:30-5:00

- 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

All levels welcome
Fitness

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

All levels welcome

New Moon Circle
Tara
May 3rd @7:45-9:30pm

Full Moon Circle
May 16th @7:45pm-9:30pm

Part of your regular Membership or \$18 Drop in

Please refer to our Online Schedule and the Sweet Serenity Yoga App for the most up to date schedules, substitutes and holiday hours