



Time:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45							
9:00	<b>Hatha Yoga</b> Jade 9:00-10:15	<b>Gentle Hatha Yoga</b> Miranda 9:15-10:15	<b>Mat Pilates</b> Chelsea 9:15-10:15	<b>Gentle Hatha Yoga</b> Charlene 9:30-10:30	<b>Flow Yoga</b> Brooke 9:15-10:15	<b>Barre (Fitness)</b> Miranda 9:15-10:15	<b>Hatha Yoga</b> Kim S 9:00-10:15
9:15							
9:30							
9:45							
10:00							
10:15							
10:30	<b>Deep Stretch &amp; Release</b> Jade 10:30-11:30	<b>Yin Yoga</b> Miranda 10:30-11:30				<b>Deep Stretch &amp; Release</b> Miranda 10:30-11:30	<b>Barrelates (Fitness)</b> Chelsea 10:30-11:30
10:45							
11:00							
11:15							
11:30							
11:45							
12:00	<b>Cat Yoga</b> *Registered Class* Fundraiser-Minimum \$15 donation Laura 12:00-1:15	<b>Frontline Yoga</b> Registered Classes - FREE For first responders only Brooke 1:00-2:15					
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
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3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00		<b>Yogalates</b> Brittany 5:00-6:00		<b>Slow Flow Yoga</b> Maria 5:00-6:00	<b>Power Yoga</b> Lauren 5:00-6:00	<b>Gentle Hatha Yoga</b> Niki 5:00-6:00	
5:15							
5:30							
5:45							
6:00							
6:15	<b>Yoga in the Park</b> August 25th Lauren 7:00-8:00	<b>Barre Fitness (Fitness)</b> Lauren 6:15-7:15	<b>Hatha Yoga</b> Charlene 6:00-7:00	<b>Booty Burn Yoga (Fitness)</b> Miranda 6:15-7:15	<b>Slow Flow Yoga</b> Lauren 6:15-7:15	<b>Restorative Yoga</b> Niki 6:15-7:30	
6:30							
6:45							
7:00							
7:15							
7:30	<b>Hatha Core Yoga</b> Lauren 7:30-8:30	<b>Barre Fitness (Fitness)</b> Chelsea 7:15-8:15		<b>Barre (Fitness)</b> Miranda 7:30-8:30	<b>BollyX (Dance Fitness) - Katz</b> 7:30-8:30		
7:45							
8:00							
8:15							
8:30							
8:45	<b>Deep Stretch &amp; Release</b> Bev 8:45-9:45	<b>Yang/Yin Yoga</b> Chelsea 8:30-9:30		<b>Restorative Yoga</b> Bev 8:45-10:00	<b>Yang/Yin Yoga</b> Ashley 8:45-9:45		
9:00							
9:15							
9:30							
9:45							

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

- Booty Burn Yoga
  - Hatha Core Yoga
  - Barrelates
  - All Barre Classes
  - Yogalates
  - Zumba Toning
  - BollyX
- All levels welcome
- Fitness**

**HOT Classes 32-34°C** Hot and Warm classes are adjusted for the summer to regular temp. Hot & warm classes will return in September

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

**New Moon Circle** Weds Aug 14, 8:45pm-10:15pm  
Tara

**Full Moon Circle** Thurs Aug. 29, 8:45p,-10:15pm

Part of your regular membership or \$18 drop-in **Holiday Closures:** Closed August 4th & 5th