

Time:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
morning							
9:00	Hatha Yoga VIRTUAL Kerri 9:00-10:00	Gentle Hatha Yoga VIRTUAL Ashly 9:15-10:15	Barre VIRTUAL Chelsea 9:30-10:30	Gentle Hatha Yoga VIRTUAL Maria 9:15-10:15	Slow Flow Yoga VIRTUAL Tara 9:30-10:30	Rev+Flow (fitness) VIRTUAL Shilo 9:15-10:15	Flow Yoga VIRTUAL Kristina 9:00-10:00
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							Barre Fitness VIRTUAL Jenine 10:30-11:30
10:45							
11:00							
11:15							
11:30							
evening							
5:00		Yogalates (fitness) VIRTUAL Brittany 5:00-5:45	Rev+Flow (fitness) VIRTUAL Shilo 5:00-5:45	Barre Fitness VIRTUAL Kristina 5:30-6:30	Yoga Fit Fusion (fitness) VIRTUAL Lauren 5:00-5:45	Gentle Hatha Yoga VIRTUAL Niki 5:00-6:00	
5:16							
5:30							
5:45							
6:00							
6:15	Hatha Yoga VIRTUAL Kerri 6:15-7:15	Flow Yoga VIRTUAL Kerri 6:15-7:15	Power Flow Yoga VIRTUAL Kristina 7:00-8:00	Flow Yoga VIRTUAL Lauren 6:15-7:15	Refit (dance fit) VIRTUAL Shilo 6:30-7:30		
6:30							
6:45							
7:00							
7:15							
7:30	Barre Express VIRTUAL Kerri 7:45-8:30	Gentle Hatha & Stretch VIRTUAL Kerri 7:45-8:45					
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							

 **Moon Circle -**
Winter
Solstice
VIRTUAL ONLY
Tara
December 20
7:00-9:00

- * Please practice social distancing
- * Must wear MASKS & Socks throughout the studio (except on your mat)
- * Must pre-register for classes
- * Please arrive a minimum of 5 mins before class start
- * No late entry!
- * Bring your own mat & props
- * No walk-ins