



Time:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>morning</b>							
9:00	<b>Hatha Yoga</b> IN-STUDIO / VIRTUAL						<b>Flow Yoga</b> IN-STUDIO / VIRTUAL
9:15	Kerri	<b>Flow Yoga</b> IN-STUDIO / VIRTUAL		<b>Gentle Hatha Yoga</b> IN-STUDIO / VIRTUAL		<b>Barre Yoga Fusion</b> IN-STUDIO / VIRTUAL	Kristina
9:30	<b>9:00-10:00</b>	Ashly	<b>Barre Yoga Fusion</b> IN-STUDIO / VIRTUAL	Maria	<b>Mystic Yoga</b> IN-STUDIO / VIRTUAL	Kerri	<b>9:00-10:00</b>
9:45		<b>9:15-10:15</b>	Chelsea	<b>9:15-10:15</b>	Tara	<b>9:15-10:15</b>	
10:00			<b>9:30-10:30</b>		<b>9:30-10:30</b>		
10:15							
10:30	<b>Release &amp; Restore</b> IN-STUDIO / VIRTUAL	<b>Yin Yoga</b> IN-STUDIO / VIRTUAL				<b>Gentle Hatha &amp; Stretch</b> IN-STUDIO / VIRTUAL	<b>Barre</b> IN-STUDIO / VIRTUAL
10:45	Kerri	Ashly				Jasmin	Jenine
11:00	<b>10:30-11:30</b>	<b>10:45-11:45</b>				<b>10:45-11:45</b>	<b>10:30-11:30</b>
11:15							
11:30							
11:45							
12:00							
<b>evening</b>							
4:45							
5:00		<b>Yogalates</b> IN-STUDIO / VIRTUAL	<b>Rev+Flow</b> IN-STUDIO / VIRTUAL	<b>Barre</b> IN-STUDIO / VIRTUAL	<b>Flow Yoga</b> IN-STUDIO / VIRTUAL	<b>Gentle Hatha Yoga</b> IN-STUDIO / VIRTUAL	
5:16		Brittany	Shilo	Kristina	Lauren	Niki	
5:30		<b>5:00-5:45</b>	<b>5:00-5:45</b>	<b>5:00-6:00</b>	<b>5:00-6:00</b>	<b>5:00-6:00</b>	
5:45							
6:00							
6:15		<b>Hatha Yoga</b> IN-STUDIO / VIRTUAL	<b>Flow Yoga</b> IN-STUDIO / VIRTUAL	<b>Hatha Yoga</b> IN-STUDIO / VIRTUAL	<b>Fusion Yoga</b> IN-STUDIO / VIRTUAL	<b>Barre</b> IN-STUDIO / VIRTUAL	
6:30		Jade	Kerri	Kristina	Lauren	Shilo	
6:45		<b>6:15-7:15</b>	<b>6:15-7:15</b>	<b>6:30-7:30</b>	<b>6:30-7:15</b>	<b>6:30-7:30</b>	
7:00							
7:15							
7:30							
7:45		<b>Release &amp; Restore</b> IN-STUDIO / VIRTUAL	<b>Gentle Hatha &amp; Stretch</b> IN-STUDIO / VIRTUAL	<b>Restorative Yoga</b> IN-STUDIO / VIRTUAL	<b>Yin Yoga</b> IN-STUDIO / VIRTUAL		
8:00		Jade	Kerri	Bev	Lauren		
8:15		<b>7:45-8:45</b>	<b>7:45-8:45</b>	<b>8:00-9:00</b>	<b>7:45-8:45</b>		
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							

- \* 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