



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