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NOT JUST YOGA

nuture your body cleanse your soul

TIMES	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30 AM	**Energizing Vinyasa** Michelle Messina				**Energizing Vinyasa** Michelle Messina		
8:30 AM		**Pilates Mat** Debbie Steuart					
9:30 AM	**Power Yoga** Michelle Messina				**Power Yoga** Michelle Messina	**Pilates Mat** Debbie Steuart	**Reiki** Michelle Messina
10:30 AM	**Yoga** **All Level Flow** Ami Behiri	**Pilates Mat** Debbie Steuart		**Pilates Mat** Debbie Steuart			
11:30 AM	**Vinyasa** Ami Behiri	**Yoga Level 1** Ami Behiri	**Yoga** **All Level Flow** Ami Behiri	**Yoga Level 1** Ami Behiri			
1:00 PM		**Vinyasa** Ami Behiri	**Yoga Level 1** Ami Behiri	**Yoga** **All Level Flow** Ami Behiri			
6:00 PM							
7:00 PM		**Vinyasa** Michelle Messina		**Vinyasa** Michelle Messina			