

CLASS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	
Monday	9:30 am - 10:30 am	Slow Flow	Denise	Beginning Aug 19th
	11:00 am - 12:00 pm	Vinyasa	Denise	
	4:30 pm - 5:30 pm	Slow Flow	Denise	
	5:45 pm - 7:15 pm	Ashtanga	Denise	
	7:30 pm - 8:30 pm	Slow Flow	Denise	
Tuesday	9:30 am - 10:30 am	Slow Flow	Gail	
	5:45 pm - 6:45 pm	Slow Flow	Denise	
	7:15 pm - 8:15 pm	Short Form Ashtanga	Denise	
Wednesday	9:30 am - 10:30 am	Slow Flow	Susan	
	3:30 pm - 4:30 pm	Slow Flow	Denise	
	5:30 pm - 6:30 pm	Slow Flow	Denise	
Thursday	9:30 am - 10:30 am	Slow Flow	Gail	
	5:30 pm - 6:30 pm	Slow Flow	Denise	
	7:00 pm - 8:15 pm	Vinyasa	Denise	
Friday	9:30 am - 10:30 am	Slow Flow	Susan	
	4:30 pm - 5:30 pm	Slow Flow	Denise	
Saturday	8:00 am - 9:00 am	Slow Flow	Denise	
	9:30 am - 10:30 am	Slow Flow	Denise	
	11:00 am - 12:00 pm	Vinyasa	Denise	
Sunday	9:30 am - 10:30 am	Slow Flow	Susan	
	4:00 pm - 5:00 pm	Intro To Vinyasa	Michael	
	7:00 pm - 8:00 pm	Yoga Pilates Fusion	Gaye	