

Group Classes

AUGUST SCHEDULE

**Schedule subject to change, check Mindbody for most up to date version.
Cancellations must be made 12-hours in advance. Any cancellations made within the 12-hour window will result in a lost class.*

	MON	TUES	WED	THU	FRI	SAT	SUN
6:00 - 7:00		YOGA BRUCE					
7:00 - 8:00							
8:00 - 9:00							HIMALAYAN MEDITATION FREE!
9:00 - 10:00		MAT PILATES JENN P		MAT PILATES JENN P		MAT PILATES MEL B	YOGA BRUCE
10:00 - 11:00	YOGA FLOW LINDA		YOGA FLOW LINDA			BARRE MEL B	
11:00 - 12:00	CHAIR YOGA LINDA		YIN YOGA LINDA			YOGA MEL B	
12:00 - 1:00	POWER YOGA MATT E	BARRE JENN P	POWER YOGA MATT E	BARRE JENN P			
1:00 - 2:00			TAI CHI STEVE	DANCE FITNESS BITA			
2:00 - 3:00							
3:00 - 4:00							
4:00 - 5:00							
5:00 - 6:00							
6:00 - 7:00	YOGA CELINE		YOGA JAMES	YOGA CHANTAL			
7:00 - 8:00		SCULPT & TONE BITA	YOGA JAMES	RESTORATIVE YOGA BRUCE			
8:00 - 9:00	YIN YOGA JADE	DANCE FITNESS BITA	YIN YOGA JAMES				