

## January 2021 Class Schedule

*In studio classes will resume when permitted*

		In Studio	Virtual	Staff
<b>Monday</b>				
5:30am	Circuit Training Express		x	Amber
8:30am	Balanced Flow		x	Jenn
10:00am	Gentle Yoga		x	Mary
4:30pm	Hot Fusion		x	Jenn
5:00pm	Body Blast Express		x	Laurie B
6:15pm	Mindful Movement		x	Jenn
<b>Tuesday</b>				
5:30am	Rise & Shine Express		x	Marcia
9:00am	Barre		x	Laurie B
12:00pm	Yoga Lunch Break (30 min)		x	Jenn
4:30pm	Recharge & Relax		x	Jenn/Carolyn
5:30pm	Yoga Barre Fusion		x	Madi
6:00pm	Flowing Strength		x	Jenn/Carolyn
7:30pm	Yin Yoga		x	Jenn/Carolyn
<b>Wednesday</b>				
5:45am	Rise & Shine Express		x	Megan
9:00am	Balanced Flow		x	Madi
11:00am	Body Blast Express		x	Laurie B
4:30pm	Flowing Strength Express		x	Amber
6:00pm	Warm Yoga Sculpt		x	Therese
7:30pm	Relaxed Yin Flow		x	Jen W
<b>Thursday</b>				
5:30am	Yoga Sculpt Express		x	Amber
9:30am	Mindful Movement		x	Jenn
12:00pm	Yin/Restorative		x	Jenn
4:30pm	Balanced Flow		x	Jenn/Carolyn
5:00pm	RIPPED		x	Laurie B
6:00pm	Inspirational Gentle Flow		x	Kelly
7:30pm	Heated Deep Stretch		x	Jen W.
<b>Friday</b>				
5:45am	Rise & Shine Express		x	Megan
9:00am	Circuit Trng Express		x	Laurie B
9:30am	Recovery Flow		x	Carolyn
12:00pm	Gentle Chair Yoga		x	Elle
5:00pm	Mindful Movement Express		x	Barbara
<b>Saturday</b>				
7:45am	Body Blast Express		x	Laurie B
8:30am	Flowing Strength		x	Jenn/Carolyn
9:00am	Gentle Rise & Shine		x	Elle
10:30am	O My Yoga		x	Michele
<b>Sunday</b>				
8:30am	Flowing Strength		x	Marcia
10:00am	Barre		x	Megan
11:30am	Mindful Movement		x	Jenna
4:45pm	Candlelight Gentle Flow		x	Elle

**■** =Changes or new classes