

May 2021 Class Schedule

		In Studio	Virtual	Staff
Monday				
5:30am	Circuit Training Express		X	Amber
8:30am	Balanced Flow		X	Jenn
10:00am	Gentle Yoga	X	X	Mary
4:30pm	Hot Fusion	X		Jenn
5:00pm	Body Blast Express		X	Laurie B
6:15pm	Mindful Movement	X	X	Jenn
7:45pm	Heated Deep Stretch	X		Jenn
Tuesday				
5:30am	Rise & Shine Express		X	Marcia
9:30am	Barre (moon)	X	X	Megan
9:30am	Balanced Flow (sun)	X	X	Laurie T
4:30pm	Recharge & Relax	X	X	Jenn/Carolyn
6:00pm	Mindful Movement	X	X	Jenifer/Jacquelyn
7:30pm	Yin Yoga	X	X	Jenifer/Christopher
Wednesday				
5:45am	Rise & Shine Express	X	X	Sheena
8:30am	Jenn's Morning Flow		X	Jenn
8:30am	RIPPED (indoor/outdoor)	X		Renee
10:00am	Gentle Yoga	X	X	Jenifer
11:00am	Body Blast Express		X	Laurie B
4:30pm	Flowing Strength Express	X	X	Amber
6:00pm	Warm Yoga Sculpt	X	X	Therese
7:30pm	Relaxed Yin Flow	X	X	Jen W
Thursday				
5:30am	Yoga Sculpt Express		X	Amber
7:00am	Pilates Burn Express		X	Laurie B
8:00am	Meditation (30 min)		X	Christopher
9:30am	Mindful Movement	X	X	Jenn
12:00pm	Self Care Yoga	X	X	Jenn
4:30pm	Hot Fusion	X		Jenn/Carolyn
6:00pm	Inspirational Gentle Flow	X	X	Kelly
7:00pm	Virtual Recovery Flow		X	Carolyn
7:30pm	Hot Yoga	X		Jen W.
Friday				
5:45am	Rise & Shine Express	X	X	Megan
8:30am	Circuit Trng Express		X	Laurie B
9:30am	Recovery Flow	X	X	Elle
5:00pm	Mindful Movement Express	X	X	Barbara
6:30PM	Restorative Yoga	X	X	Barbara
Saturday				
7:45am	Body Blast Express		X	Laurie B
8:30am	Flowing Strength		X	Jenn/Carolyn
9:00am	Hot Yoga	X		Madi
9:00am	Gentle Rise & Shine (sun)	X	X	Elle
10:30am	O My Yoga	X	X	Michele
Sunday				
8:30am	Flowing Strength		X	Marcia
8:30am	Barre	X	X	Megan
10:00am	Hot Yoga	X		Madi
11:30am	Mindful Movement	X	X	Jenna
4:45pm	Candlelight Gentle Flow	X	X	Elle

 =Changes or new classes