


## October Class Schedule

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

 =Changes or new classes

\* Meet on grass area behind studio for check in. Class will conducted virtually if weather is inclement.

\*\*Meet on grass area behind studio for check-in. Class is weather permitting.