

October 2021 Class Schedule

		In Studio	Virtual	Staff
Monday				
5:30am	Yogalates		X	Marcia
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
7:00pm	Flowing Strength	X		Carolyn/Jacquelyn
7:45pm	Heated Deep Stretch	X		Jenn
Tuesday				
5:30am	Rise & Shine Express		X	Marcia
9:00am	Barre		X	Laurie B
9:30am	Balanced Flow	X	X	Laurie T
4:30pm	Recharge & Relax	X	X	Jenn/Elle
6:00pm	Mindful Movement	X	X	Jenn/Carolyn
7:30pm	Yin Yoga	X	X	Jenn/Carolyn
Wednesday				
8:30am	Jenn's Morning Flow		X	Jenn
9:30am	Mindful Movement	X	X	Jenifer
11:00am	Body Blast Express		X	Laurie B
4:30pm	Flowing Strength Express	X	X	Amber
5:30pm	Mindful Movement Express	X		Sheena
6:00pm	Warm Yoga Sculpt	X	X	Therese
6:45pm	Aerial Yoga	X		Jenna
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
4:30pm	Hot Fusion	X		Jenn
5:45pm	Heated Deep Stretch	X		Jenn/Carolyn
6:00pm	Mindful Movement		X	Elle
6:00pm	Zumba	X		Sara
7:00pm	Recovery Flow	X	X	Carolyn
Friday				
5:45am	Rise & Shine Express	X	X	Megan
8:30am	Circuit Trng Express	X	X	Laurie B
9:30am	Recovery Flow	X	X	Elle
5:00pm	Mindful Movement Express	X	X	Barbara
6:15PM	Restorative Yoga	X		Barbara
Saturday				
7:45am	Body Blast Express	X		Laurie B
8:00am	OMY Slow Flow		X	Michele
8:30am	Flowing Strength		X	Marcia
9:00am	Hot Yoga	X		Madi
9:00am	Gentle Rise & Shine (sun)	X	X	Elle
10:30am	Yoga 4 a Healthy Back	X	X	Kristi
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	Elle
6:30pm	Prana Yoga	X		Shalini