

September Schedule

Monday

5:30-6:15 am	Yoga Sculpt Express (m)
9:00-10:00 am	Body Sculpt (s)
9:30-10:30 am	Balanced Flow (m)
10:00-11:00 am	Gentle Yoga (s)
12:00-1:00 pm	Mindful Movement (m)
4:30-5:30 pm	Hot Fusion Yoga (m)
5:00-5:45 pm	Body Sculpt Express (s)
6:00-7:00 pm	Yin/Deep Stretch Yoga (s)
6:00-7:00 pm	Mindful Movement (m)
7:15-8:00 pm	Yoga Nidra (s)
7:30-8:30 pm	Flowing Strength (m)

Tuesday

5:30-6:15 am	Rise & Shine Yoga Express (m)
9:30-10:30 am	Gentle Yoga (s)
9:30-10:30 am	Barre Yogilates (m)
4:30-5:30 pm	Recharge & Relax (s)
5:15-6:15 pm	Zumba (m)
5:45-6:45 pm	Flowing Strength (s)
6:30-7:30 pm	Warm Yoga Sculpt (m)
7:00-8:00 pm	Mindful Movement (s)
8:15-9:00 pm	Heated Deep Stretch (m)

Wednesday

5:30-6:15 am	Yoga Barre Fusion Express (m)
9:00-10:00 am	Body Blast (s)
10:00-11:00 am	Mindful Movement (m)
4:30-5:30 pm	Flowing Strength (m)
5:00-6:00 pm	RIPPED (s)
6:00-7:00 pm	Mindful Movement (m)
6:15-7:15 pm	Core Restore (s)
7:30-8:30 pm	Relaxed Yin Flow (m)

(s)= Sun Studio (m)= Moon Studio (o)=Outside

Thursday

5:30-6:15 am	Body Blast Express (m)
9:30-10:30 am	Pilates Burn (s)
10:00-11:00am	Outdoor Balanced Flow (o or m)
12:00-1:00 pm	Yin Restorative (m)
4:30-5:30 pm	Mindful Movement (s)
5:45-6:45 pm	Yoga Barre Fusion (m)
6:00-7:00 pm	Aerial Yoga: Non-Inversion Flow (s)
7:00-8:00pm	Hot Yoga (m)
8:15-9:00pm	Heated Deep Stretch (m)

Friday

5:30-6:30am	Rise & Shine Yoga (m)
5:30 - 6:15 am	Riptide Express (s)
9:00-9:45 am	Body Blast Express (m)
9:30-10:30 am	Recovery Yoga Flow (s)
10:00-11:00 am	Barre (m)
12:00-1:00 pm	Restorative Flow (m)
5:00-5:45 pm	Mindful Movement Express (M)
6:00-7:00 pm	Candlelit Restorative Yoga (m)

Saturday

7:30-8:15 am	Body Blast Express (m)
8:30-9:30 am	Gentle Rise & Shine (s)
8:45-9:45 am	Hot Yoga (m)
9:45-10:45 am	Zumba (s)
10:00-10:45 am	Meditation (Tranquility Room)
10:15-11:15 am	Flowing Strength (m)
11:30-12:30 pm	Yoga 4 a Healthy Back (m)

Sunday

8:30-9:30 am	Sizzling Strength (m)
9:00-9:45 am	O My Yoga (s)
9:45-10:45 am	Yoga Barre Fusion (m)
10:00-11:00 am	Aerial Yoga: Deep Stretch (s)
12:00-1:00 pm	Mindful Movement (m)
4:45-5:45 pm	Candlelight Flow (m)
6:30-7:30 pm	Christian Easy Flow (m)

For full schedule, class descriptions, and rates visit
DoYoga4you.com